

The Essential Guide To Public Health And Health Promotion

Virtually every human endeavor involves interpersonal communication. Leading Christian scholar and media commentator Quentin Schultze and respected professor of communication Diane Badzinski offer a solid Christian perspective on the topic, helping readers communicate with faith, skill, and virtue in their interpersonal relationships. Designed as a companion to Schultze's successful An Essential Guide to Public Speaking, this inviting book provides biblical wisdom on critical areas of interpersonal communication: gratitude, listening, self-assessment, forgiveness, trust, encouragement, peace, and fidelity. Given the rapid rise and widespread use of social media, the book also integrates intriguing insights from the latest research on the influence of social media on interpersonal relationships. It includes engaging stories and numerous sidebars featuring practical lists, definitions, illustrations, and biblical insights.

As the first of its kind, this book provides a comprehensive approach to help public health practitioners in both the public and private sector to improve their ability to communicate with different audiences. From the news media to legislators, and from visual communication to electronic communication, every chapter provides practical, With real-world recommendations and examples on how to communicate public health information to nonscientific audiences more effectively. The knowledge and skills gleaned from this book will assist with planning and executing simple and complex communication activities commonly done by public health practitioners. In order to compete in this increasingly competitive and complex environment, those of us in public health must make the science and art of communication as integral a part of our everyday activities as the science of epidemiology and disease control.

Carolyn Digh Griffin, a native North Carolinian, resides in Waxhaw, North Carolina, with her husband, Hoyle. She is retired from Union County Public Schools where she was especially a handsome young pastor and three senior citizens. In that small town in the foothills of the mountains of North Carolina, Hope's bitterness, unforgiveness, and anger slowly began to fade in the light of the strong faith of the young pastor and three senior citizens. She discovered the true meaning of faith and hope in Christ in the midst of adversity. Carolyn Digh Griffin, a native North Carolinian, resides in Waxhaw, North Carolina, with her husband, Hoyle. She is retired from Union County Public Schools where she was an Administrative Assistant to the Assistant Superintendent. She has two daughters and four grandchildren who also reside in the Old North State.

Provides guidelines for United States Democrats to correct moral values to important policies, using practical tactics to guide political discourse away from extreme positions.

Reading Like a Writer

Communicating with Grace and Virtue

Speak Easy

Mission

A Guide to Op-Ed Writing and Social Media Engagement

How to Write It, Sell It, and Market It . . . Successfully

Finding Our Way

How can leaders use strategic planning to strengthen their public and nonprofit organizations? In this fourth edition of his perennial bestseller Strategic Planning for Public and Nonprofit Organizations, Bryson provides the most updated version of his thoughtful strategic planning model and outlines the reasons public and nonprofit organizations must embrace strategic planning to improve their performance. Introduced in the first edition and refined over the past 18 years, the Strategy Change Cycle—a proven planning nonprofit and public organizations—is the framework used to guide the reader through the strategic planning process. Bryson offers detailed guidance on implementing the process, and specific tools and techniques to make the process work in any organization. In addition, he clarifies the organizational designs through which strategic thought and action will be encouraged and embraced throughout an entire organization. In addition to updated examples, new cases, and additional information on broader planning, create an instructor's manual with sample syllabi, PowerPoint teaching slides, and additional cases.

Almost 70% of parents who refuse to vaccinate their children do so because they believe vaccines may cause harm. Indeed vaccines have been blamed for causing asthma, autism, diabetes, and many other conditions most of which have causes that are incompletely understood. Do Vaccines Cause That? A Guide for Evaluating Vaccine Safety Concerns provides parents with clearly understandable, science-based information about vaccines, immunization, and vaccine safety.

Art Savvy is a systematic approach to understanding art. It gives you methods to assess a design and really see what the artist was doing. Unlike chaotic art writings, terms are clearly defined, categorized, organized and illustrated. It is designed to answer questions like: What things will allow me to understand art? What are the basic elements? What is concept art? Can you "read" a work of abstract art? Visual literacy is the ability to interpret, negotiate, and make meaning from information presented in art work. Terms are not clearly defined, are used interchangeably or get mixed up with other types of analysis. For a thorough exploration of all aspects of art, photos of great works are referenced with color keyed notations to illustrate the 5 easy pieces: 1. Design Elements- Visual grammar, line, shape, form, mass etc. - definitions & how to see them. 2. Organization Principles- How elements are arranged and how this effects the concept. 3. Style- Relation to other groups of work and formulas for design. 4. Technique- How concept. 5. Concept- What this piece about. What major themes and elements were used. Assessment techniques in each section of Art Savvy will train your eye to always see these 5 aspects of any artwork. It is not attempting judgments of relevance, philosophy, spiritual meanings and other ethereal aspects that a work may convey. This text poses the question: "What is the basic concept here?" but sticks to pure analysis and leaves all judgment to you and the experts. This field guide is a mini textbook on design.

In the twenty-first century, public health is everyone's business. The nursing and medical professions are well placed to provide advice to their clients, especially in respect to lifestyle change, and public health initiatives are supported by a range of statutory and voluntary organisations and health workers, ranging from health promotion specialists to smoking cessation advisers and nutrition assistants. Designed to help readers develop the practical skills they need to become effective public health practitioners, this new health and health promotion theory in accessible language and diagrams, before moving on to the ways readers can apply this in practice. Providing an opportunity for practitioners to understand possible barriers to lifestyle change, debate health inequalities and responsibilities, and explore the role of the media in changing attitudes. It outlines the roles of specific organisations involved in the work of public health work. Covers health needs assessment, agenda setting and the technical aspects of how to reach individual clients or target programmes and community population groups. Details methods of helping people with motivation for lifestyle change, building rapport, ongoing support, monitoring and signposting to specific services. Discusses role of neighbourhoods and communities in improving health and how workers may support local populations to improve the health of their community. The Essential Guide to Public Health and Health Promotion is an accessible introduction to the principles and practice of new to working or studying in the area, whatever their professional background.

The Essential Guide to Public Information When Every Minute Counts

Present! a Techie's Guide to Public Speaking

Science Blogging

The Essential Guide to Public Health and Health Promotion

The Little Blue Book

A Guide to Strengthening and Sustaining Organizational Achievement

"The church has become a term for American Christians, an ambiguous and often uncomfortable term. To many it brings to mind a past in which western culture was identified with the gospel in missionary practice and programs. Distressed with this history and uncertain about how to overcome it, many prefer to ignore the New Testament mandate that the church must be in mission if it is to be the church. Others swing the other way, declaring that everything the church does is mission, depriving the idea of mission of its power to define those specific actions of God which proclaim the gospel and build God's kingdom. "The church exists by missions, just as fire exists by burning." With these words of Emil Brunner, the author reminds us that to be the church is to be in mission. After describing the various "captivities of mission" which plague North American Christianity, the author argues for a robust and engaged practice of mission, beginning in congregations and extending to the broader community.

Examines and explains the revolutionary business frameworks of Michael Porter, with examples to illustrate and update Porter's ideas for achieving and sustaining competitive success.

Offering practical and constructive advice for students giving presentations, this book presents a detailed explanation of how to conduct a successful presentation and how to feel at ease with public speaking. The book includes: Real-life examples illustrating how to achieve an effective presentation Explains the importance of body language, voice control and the relationship with your audience Demonstrates an awareness of cross-cultural communication a thoroughly up-to-date analysis of new technologies as a medium through which to communicate. Written from a practical perspective, this text will be essential reading for both undergraduate and postgraduate students and researchers, together with students on professional and vocational courses. SAGE Study Skills are essential study guides for students of all levels. From how to write great essays and succeeding at university, to writing your undergraduate dissertation and doing

Developed by D. Don Welch during his 28 years of teaching ethics and public policy, the rationale behind A Guide to Ethics and Public Policy is to present a comprehensive guide for making policy judgments. Rather than present specific cases that raise moral issues or discuss the role a few concepts play in the moral analysis of policy, this book instead provides a broad framework for the moral evaluation of public policies and policy proposals. This framework is organized around guiding five principles: benefit, effectiveness, fairness, fidelity, and legitimacy. These principles identify the factors that should be taken into account and the issues that should be addressed as citizens address the question of what the United States government should be able to do. Organized by concept, with illustrations and examples frequently interspersed, the book covers both theory and specific issues. A Guide to Ethics and Public Policy outlines a comprehensive ethical framework, provides content to the meaning of the five principles that comprise that framework through the use of illustrations and examples, and offers guidance about how to navigate one's way through the conflicts and dilemmas that inevitably result from a serious effort to analyze policies.

Understanding Michael Porter

Public Speaking

A Source Book of Public Collections in Europe and the U.S.A.

An Essential Guide to Public Speaking

How to Tell a Story

Presentation Skills

A Modern Guide to Public Relations: Unveiling the Mystery of PR

Communications expert Quentin Schultze offers an engaging and practical guide to help Christians interact effectively at home, work, church, school, and beyond. Based on solid biblical principles and drawn from Schultze's own remarkable experiences, this book shows how to practice "servant communication" for a rich and rewarding life. Topics include how to overcome common mistakes, be a more grateful and virtuous

communicator, tell stories effectively, reduce conflicts, overcome fears, and communicate well in a high-tech world. Helpful sidebars and text boxes are included.

Here is the essential how-to guide for communicating scientific research and discoveries online. Ideal for journalists, researchers, and public information officers looking to reach a wide lay audience. Drawing on the cumulative experience of twenty-seven of the greatest minds in scientific communication, this invaluable handbook targets the specific questions and concerns of the scientific community, offering help

in a wide range of digital areas, including blogging, creating podcasts, tweeting, and more. With step-by-step guidance and one-stop expertise, this is the book every scientist, science writer, and practitioner needs to approach the Wild West of the Web with knowledge and confidence.

NEW YORK TIMES BESTSELLER • The definitive guide to telling an unforgettable story in any setting, drawing on twenty-five years of experience from the storytelling experts at The Moth “From toasts to eulogies, from job interviews to social events, this book will help you with ideas, structure, delivery and more.”—CNN Over the past twenty-five years, the directors of The Moth have worked with people from all walks of life—including astronauts, hairdressers, rock stars, a retired pickpocket, high school students, and Nobel Prize winners—to develop true personal stories that have moved and delighted live audiences and listeners of The Moth's Peabody Award-winning radio hour and podcast. A leader in the modern storytelling movement, The Moth inspires thousands of people around the globe to share their stories each year. Now, with How to Tell a Story, The Moth will help you learn how to uncover and craft your own unique stories, like Moth storytellers Mike Birbiglia, Rosanne Cash, Neil Gaiman, Elizabeth Gilbert, Padma Lakshmi, Darryl “DMC” McDaniels, Hasan Minhaj, Tig Notaro, Boots Riley, Betty Reid Soskin, John Turturro, and more. Whether your goal is to make it to the Moth stage, deliver the perfect wedding toast, wow clients at a business dinner, give a moving eulogy, ace a job interview, be a hit at parties, change the world, or simply connect more deeply to those around you, stories are essential. Sharing secrets of The Moth's time-honed process and using examples from beloved storytellers, a team of Moth directors will show you how to - mine your memories for your best stories - explore structures that will boost the impact of your story - deliver your stories with confidence - tailor your stories for any occasion filled with empowering, easy-to-follow tips for crafting stories that forge lasting bonds with friends, family, and colleagues alike, this book will help you connect authentically with the world around you and unleash the power of story in your life.

ATTENTION TRAINERS: It's NOT ABOUT YOU - It's About the LEARNER! What is the biggest mistake a trainer can make? Quite simply, it is focusing all of their efforts on themselves and not their students! Many inexperienced trainers fall into this trap, but it doesn't have to happen to you! This book provides easy-to-execute examples that, when utilized, will make any rookie trainer look like a seasoned pro in just one

day! You will learn how to structure the classroom experience in such a positive way that I guarantee it will make a difference in your professional life and in the lives of your participants. The techniques outlined in this book will help you to become the Great Trainer you have always wanted to be - because although good trainers may know these methods, Great Trainers make it happen inside, you will discover how to create an inviting physical and emotional learning environment for your students. An inviting learning environment leads to higher levels of participation, retention, and on-the-job application! Be less of an instructor and more of a "Tour Guide." Utilizing tour guide techniques will make your class anything-but-ordinary, causing people to look forward to your next event! Utilize Great Trainer techniques

whether you're facilitating a 5-day course, a 60-minute training session, or a 15-minute presentation! -Apply the techniques that will help you go WACCO for your participants - without spending a dime! Get on the road to continuous training improvement and start reading!

Great Trainers Make It Happen

The Essential Guide

How to Destroy Anxiety, Captivate Instantly, and Become Extremely Memorable - Always Get Standing Ovatons

Learning to Listen, Speak, Text, and Interact as a Christian

Choosing Botanicals, Oils & Extracts for Simple & Healthy Beauty

Hope Returns

An Essential Guide to Interpersonal Communication

Does public speaking paralyze you and tie your stomach into knots? Want to get a standing ovation every time? What goes into a dazzling opening and closing? Does the prospect of facing embarrassing judgment make your palms sweat? Or do you want to learn how to absolutely own the stage and become a magnetic speaker? Public speaking and presenting is one of the most common phobias -- and it's completely understandable. When else in our lives are we so open and vulnerable? But it's a necessary evil in all aspects of our lives, whether professionally and personally. From making a presentation in the boardroom to being more confident with the opposite sex, your speaking skills will take you to the next level and get what exactly what you want in your life. Fearless Public Speaking is the rare book that will (1) help you destroy your anxiety so you can confidently take any stage, and (2) once you're up there, be unforgettable and captivating as a speaker. The tenets in this book come from studying the experiences of the best presenters in the world, from CEOs, standup comics, to actors, and more. Jason Bax, noted actor, speaker, and entrepreneur, lends his thoughts in a guest chapter. And me? I'm a social skills and charisma coach, speaker, and semi-professional musician who thrives in front of the crowd... but I wasn't always like this - I know your struggles and I can help you from point A to point B! How will you learn to captivate audiences? •Why knowing where your audience gets their news is key to your memorability. •How to construct a bulletproof opening and closing. •How to make sure you reach any audience emotionally. •Overcoming stage fright and jitters with mental rehearsal techniques. As well as... •What rehearsed spontaneity is and how it makes your audience connect. •Stage presence techniques of the masters of performance like Freddie Mercury. •How standup comics own the stage and win over hostile crowds. •What a memory palace is and how it will help you memorize your speech. Put the audience in the palm of your hand, starting now! •Feel confident and empowered in taking the stage anywhere, anytime. •Speak your way to better jobs and relationships with each mini-presentation. •Build a reputation as an effective and engaging speaker. •Learn to overcome judgment and build self-confidence. •Own the room, audience, and applause.

Contains information on cosmetic ingredients and numerous recipes for natural personal care using essential oils. Business for Communicators provides future and current professional communicators with a hands-on, working knowledge of how businesses profit, grow, and adapt in their competitive environments. Corporate communicators aspire to sit at the decision-making table but too often fall short because of an inability to speak the language of business or effectively apply a business mindset to communication strategy. Business for Communicators provides the in-depth business literacy these professionals need, beyond just building the case for business intelligence or explaining business basics. The text delves into the details of corporate finance, accounting, marketing, strategy, operations, and economics to provide a theoretical grounding and a working knowledge that business communicators can apply to every decision they make. Real world applications illustrate concepts covered, focus on the communication implications of business outcomes, and provide opportunities for extended learning and discussion. This book is an essential resource for advanced undergraduate and graduate students, as well as professional corporate communicators ready to enhance their influence and advance their careers with business acumen. An accompanying website, blog, email, and social media platforms provide additional resources, interaction, commentary, and responses to questions from educators and practitioners, as well as teaching materials for educators, at www.thecommunicatorsnba.com.

Inside Allerton is an architectural and historical guidebook to the entire Robert Allerton Park located in central Illinois, featuring more than 100 color photos, and dozens of historic photographs and original architectural drawings.

Public Influence

Fortitude

The Essential Guide for Students

Your Private Eye, Understanding Public Art in 5 Easy Pieces

A Guide for Practitioners

Communicating Public Health Information Effectively

The Essential Guide to Competition and Strategy

How can twenty-first-century scholars and other experts craft their voices for audiences beyond their peers? In Public Influence, political scientist Mira Sucharov walks readers through the ins and outs of op-ed writing and social media engagement. Presented in a lively and engaging style, Public Influence coaches readers on the best approach to pitching and writing op-eds and other related analytical pieces, managing the ensuing conversation, conveying informed ideas to an evidence-resistant audience, avoiding social media hazards in an increasingly polarized environment, harnessing outrage culture to organize sensitively and intelligently, and using political labels in ways that cut through the noise. Enlivened with discussions of an array of hot-button issues and examples of public influence succeeding wildly and going terribly awry, Public Influence is essential reading for anyone who wants to harness the opportunities of public engagement in a dynamic digital age.

Empower people, no matter how daunting as public speaking. Whether making a business presentation or an after-dinner speech, the same symptoms and fears appear: dry throat, sweaty palms, increased heart rate, fear of making a fool of yourself, saying the wrong thing, dying up altogether. All of these things can be overcome. In SPEAK EASY, Maggie Eyre shares her considerable knowledge and experience as a communications consultant and media trainer to show you how to build your confidence to speak in public with ease and flair. And confidence is the key. All of the advice in this practical book is aimed at developing the self-confidence every speaker needs to communicate effectively. There are many building blocks involved in the process, but Maggie Eyre explains how to use them all, with a host of anecdotes and examples to illustrate her points. Business leaders, politicians, lecturers and media presenters have all successfully followed her advice. With SPEAK EASY, you too can be a successful public speaker.

The ultimate interactive public speaking guide from tech speakers Poornima Vijayashanker and Karen Catlin that prepares and encourages techies to discover their expertise, confidently share it, and successfully level up in their careers. Techies around the world can now jump start and grow their speaking careers with the book, Present! A Techie's Guide to Public Speaking, written by tech leaders, Poornima Vijayashanker and Karen Catlin. The book serves as a resource for technology professionals who want or need to develop the skills to communicate their expertise effectively, whether in a meeting at work or delivering an engaging talk at a conference. Poornima, who is the founder of Femineer and the founding engineer of Mint.com, collaborated with former Adobe vice president and founder of Karen Catlin Consulting, Karen Catlin, to compile and share their lessons, tips, and techniques learned from their own experiences as professional tech speakers. "Karen and I wanted to write this book so that our fellow techies would have a comprehensive resource to help them with their own public speaking endeavors. So many folks in the tech industry have amazing ideas and experience, but they often feel stuck on how to present them effectively. Also, our hope is that more women will be inspired by our stories and encouraged to get out there and share their valuable expertise through public speaking in order to boost representation of women tech speakers," Poornima said. Present! covers public speaking from A to Z. Through stories, examples, and interactive exercises, Poornima and Karen dive into topics including, overcoming stage fright, exploring personal speaking style, creating the right talk for the right audience, polishing presence and delivery, and nailing any type of talk, whether it's a lightning or long-form talk or being part of a panel. Karen said, "Even though Poornima and I are professional speakers, we felt it was important to share our own feelings of nerves and uncertainty, and bumps we've had along the way -- and sometimes continue to experience. It was important for us to communicate that no one is perfect and it really is okay when talks don't always go according to plan. Our hope is that by being open, we'll be able to give others the confidence and the techniques to handle situations when they arise, deliver an amazing presentation, and most importantly, have FUN!"

Two premier renewal leaders help inspire and equip believers to receive and minister healing, stressing that God's miraculous healing is part of the Good News.

Including: Content Marketing, SEO, Social Media & PR Best Practices

A Guide for People Who Love Books and for Those Who Want to Write Them

A Pocket Guide to Public Speaking

An Essential Guide

Building Great Relationships with Faith, Skill, and Virtue in the Age of Social Media

Strategic Planning for Public and Nonprofit Organizations

Art Savvy

An Essential Guide to Public SpeakingServing Your Audience with Faith, Skill, and VirtueBaker Academic

New updated for 2015! The best, most comprehensive guide to writing and editing, with new sections on ebooks, self-publishing, crowd-funding through Kickstarter, blogging, increasing visibility via online marketing, micropublishing, the power of social media and author websites, and more—making The Essential Guide to Getting Your Book Published more vital than ever for anyone who wants to mine that great idea and turn it into a successfully published book. Written by experts with twenty-five books between them as well as many years' experience as a literary agent (Eckstut) and a book doctor (Stiery), this nuts-and-bolts guide demystifies every step of the publishing process: how to come up with a blockbuster title, create a selling proposal, find the right agent, understand an ebook contract, and develop marketing and publicity savvy. Includes interviews with hundreds of publishing insiders and authors, including Seth Godin, Neil Gaiman, Amy Bloom, Margaret Atwood, Leonard Lopate, plus agents, editors, and booksellers; sidebars featuring real-life publishing success stories; sample proposals, query letters, and an entirely updated resources and publishers directory.

This best-selling brief introduction to public speaking offers practical coverage of every topic typically covered in a full-sized text, from invention, research and organization, practice and delivery, to the different speech types. Its concise, inexpensive format makes it perfect not only for the public speaking course, but also for any setting across the curriculum, on the job, or in the community. This newly redesigned full-color edition offers even stronger coverage of the fundamentals of speechmaking, while also addressing the changing realities of public speaking in a digital world. It features fully updated chapters on online presentations and using presentation software, and a streamlined chapter on research in print and online.

DIV is her entertaining and edifying New York Times bestseller, acclaimed author Francine Prose invites you to sit by her side and take a guided tour of the tools and tricks of the masters to discover why their work has endured. Writing with passion, humor and wisdom, Reading Like a Writer will inspire readers to return to literature with a fresh eye and an eager heart – to take pleasure in the long and magnificent sentences of Philip Roth and the breathtaking paragraphs of Isaac Babel; to look to John Le Carré for a lesson in how to advance plot through dialogue and to Flannery O'Connor for the cunning use of the telling detail; to be inspired by Emily Brontë's structural nuance and Charles Dickens's deceptively simple narrative techniques. Most importantly, Prose cautions readers to slow down and pay attention to words, the raw material out of which all literature is crafted, and reminds us of good writing comes out of good reading. /div

The Essential Guide to Collectibles

The Essential Guide to Western Civilization

Business for Communicators

The Essential Guide to Success in Corporate and Public Affairs

The Essential Guide to Healing

Presenting at Work

The Essential Guide to Robert Allerton Park

Communication expert and popular speaker Quentin Schultze offers a practical, accessible, and inspiring guide to public speaking, showing readers how to serve their audiences with faith, skill, and virtue. This thoroughly rewritten and expanded four-color edition has been tested and revised with input from Christian undergraduates and contains new chapters on timely topics, such as speaking for video, conducting group presentations, and engaging society civilly. A complete public speaking textbook for Christian universities, it includes helpful sidebars, tips, and appendices. Additional resources for students and professors are available through Textbook eSources.

The Essential Guide to Western Civilization offers a concise overview of European history developed to suit the undergraduate Western Civilization curriculum. Author Nicholas L. Waddy provides an accessible account of major developments in European history in a flexible format. The book will serve as a core text for instructors wishing to build a syllabus including primary sources, articles, and visual materials of their own choosing. Discussion questions and a list of key terms at the end of each chapter will help to guide conversation and assist students in navigating the Western Civilization survey.

The Essential Guide to Rhetoric is a useful tool for students who need a brief, topical introduction to the field of rhetoric. This concise book covers both classic and modern rhetorical theory for students and professors who want to gain a further understanding of rhetoric and its practical applications. This guide provides an easy-to-read, jargon-free look at rhetorical theory and how it can be used to supplement an education in communication and public speaking. This guide and other guides in the Essential Guide series were developed to complement a wide variety of communication texts and course needs, offering instructors flexible options to add additional content or emphasis areas to their courses. The Essential Guides can be purchased on their own, packaged at a discount with other Bedford/St.Martin's texts, or used as part of a custom option.

If your main focus is to find love, then find love. If you are looking to have casual sex, say so. People are often surprised at what they find when they are honest about their intentions. The Essential Guide on How to Be a Hoe is a modern look on one of the oldest states in the world. The hoe. No, I don't mean the gardening tool. I mean what it takes to become sexually positive and take ownership of our bodies in a world that is constantly violating us with new advice, old ideas, and outdated judgements. People say we can be free but how? This is the problem that this guide attempts to solve, not just logically, but mentally and spiritually too. This book was not only practical and full of excellent guidance on how to discover oneself and stay safe in a world that is slowly throwing off the chains of sexual oppression, but it also looks at making peace within ourselves, setting boundaries, making sure we are able to identify our liberation from our wounds and treating others with tolerance and respect. It is not afraid to talk about the things that are still considered to be taboo. The narrator is spirited, authentic and hilarious, making difficult

The Essential Guide to Rhetoric

Your Guide to Public Speaking

Build Your Confidence, Find Your Voice, and Inspire Your Audience

Inside Allerton

The Essential Guide to Getting Your Book Published

The Essential Guide to Thinking and Talking Democratic

Featuring seven hundred entries on more than 170 subjects, this comprehensive guide to collectables on both sides of the Atlantic combs the museums and private collections of Europe and the U.S. for stunning images.

"Fortitude is a guide for high performing, toughened or developed psychical edge that results from a collection of skills, attributes, values, emotions, and behaviors that allow people to overcome any obstacle, adversity, or pressure as well as deal with the general day-to-day demands (lifestyle, training, competition) placed upon them and still remain consistent, focused, confident, and motivated to achieve their goals. "Fortitude is a guide for high performing athletes and business professionals on understanding mental toughness, how to build and sustain it over time. Kate Allgood built her business helping individuals like you learn what it takes to perform under pressure. In this book you'll discover: - What you need to know to build real and long lasting confidence- How to improve the ability to focus and refocus - The power of mindfulness- How to build motivation in yourself and others - And much, much,

more! "Kate is a force in the sports business and with her new book she brings the best insight directly to your field of play." Jeremy M. Evans, Founder of and Managing Attorney at California Sports Lawyer(R) "If you want to step up your game, your business or just kill it in life, Fortitude is an easy to read guide to do it."- Majo Orellana - Pro Athlete, Coach and Entrepreneur
Are you part of the 73% of the population that experiences anxiety from public speaking? Face your fears with this valuable guide that combines real-world case studies and practice activities to help build your confidence. You may not be afraid of heights or spiders but making a speech in front of a large crowd—whether it's a wedding party, an awards ceremony, or even doing a presentation in the office—is sure to get your heart pounding and your palms sweaty. But with Your Guide to Public Speaking in hand, there's no need to fear public speaking a second longer. This practical and indispensable guide teaches you to understand and work with your audience, take control of your own emotions, and create the perfect materials to supplement your speech and help drive your message home. With practice activities, real-world case studies, tips you never thought you needed—and more!—you'll find everything you need to become a speech master in no time at all. From preparing for a video conference, rallying for support for a cause that's important to you, or facing down multiple interviews, you can banish those fears and feel empowered no matter what the situation with Your Guide to Public Speaking.

- A Guide to Ethics and Public Policy*
- The Essential Guide to Memorable Storytelling from The Moth*
- Fearless Public Speaking*
- The Essential Guide to Speaking in Public*
- The Essential Guide on How to be a Hero*
- The Essential Guide to Building and Sustaining Mental Toughness*