

What Can I Do A Book For Children Of Divorce

Women of all ages and walks of life are experiencing challenges each and every day. The pressures of home, family, career and community are overwhelming. While striving to be everything to everyone, resentment and loss of self-worth evolve. Actions and attitudes are influenced by past events and have lasting effects upon their lives. The world tries to squeeze women into its mold how to look, act, live, and eat. These images create the attitude of self-centeredness or its demeaning and women allow the word cant to control them. Gods Word encourages and tells women how special they are when they put trust in Him. And they can do all things through Christ. The reader will discover how to: Get past the past Adjust to different seasons in life See herself as God sees her Overcome fears and insecurities Turn negatives into positives Apply the Word of God Become a joy-filled woman of God ENDORSEMENT: During the years that Pastor Betty Jo has been my friend and mentor, I have witnessed her deep love for others and her heartfelt desire to see us embrace and enjoy all the richness available through Gods Word. Her encouraging message for todays women is timeless and relevant. (by Cheryl St. John - Award winning author of both historical and contemporary novels, teacher, conference speaker and worship leader.) Betty Jo is a teacher, counselor and writes curriculum for ladies Bible studies and speaker at womens and community groups. She wrote, produced and hosted Lifelines and Heart-to-Heart radio programs. She and her husband have been pastoring for twenty years and have two daughters, six grandchildren and two great-grandsons.

Loonette the clown feels that she can't do anything well until her best friend helps her discover a special talent which boosts her self-confidence.

WHAT WE CAN DO shows us the problems we are facing because of global warming. This story gives us the incentive to make our planet a better place. Ask yourself WHAT WE CAN DO and let's all get busy! About the Author/Illustrator Cathy Kravitz is an accomplished artist as well as teacher. She lives in Carmel, Indiana with her husband and two dogs. Cathy has two grown children who have always inspired her artwork. What We Can DO is Cathy's second book. Her first, A Dog's Day, is about giving and sharing. In addition to writing and illustrating children's books, Cathy is a potter, painter and art teacher. Her whimsical work and love for children inspire her students to create because there are no mistakes in art, and the most important rule is to have fun. A Book About Global Warming

Based on a viral video comes the story of one boy's positive energy and how a sunny outlook can turn everything around. It's a new day and Ayaan has woken up on the wrong side of the bed, where nothing feels quite right. What if he doesn't know the answer at school? What if he messes up? But as he sets out that morning, all it takes is a few reminders from his mom and some friends in the neighborhood to remind him that a new day is a good day because... HE IS SMART, HE IS BLESSED, AND HE CAN DO ANYTHING!

Bullshit Jobs

The New what Can You Do with a Law Degree

Look What I Can Do!

How Effective Altruism Is Changing Ideas About Living Ethically

I Can Do That!

First Book of Favorite Songs

Asia and the United States : what the American Can Do to Promote Mutual Understanding and Cooperation

Photographs and simple text show how everyone has something they do well.

It ' s not easy being small. Especially not for Little Elephant who isn ' t tall enough to reach things, like the hook to hang a coat, a shelf to get toys, or the pedals of a bike. Kitchen counters, the shower, and a light switch are all too high. But with dad close by anything is possible and nothing is out of reach.

"Obligatory reading for future informed citizens." —The New York Times "[This] charming book provides examples and sends the message that citizens aren't born but are made by actions taken to help others and the world they live in."

—The Washington Post Empowering and timeless, What Can a Citizen Do? is the latest collaboration from the acclaimed duo behind the bestselling Her Right Foot: Dave Eggers and Shawn Harris. This is a book for today's youngest readers about what it means to be a citizen. This is a book about what citizenship—good citizenship—means to you, and to us all.

An argument for putting sentiment aside and maximizing the practical impact of our donated dollars: “ Powerful, provocative ” (Nicholas Kristof, The New York Times). Peter Singer ' s books and ideas have been disturbing our complacency ever since the appearance of Animal Liberation. Now he directs our attention to a challenging new movement in which his own ideas have played a crucial role: effective altruism. Effective altruism is built upon the simple but profoundly unsettling idea that living a fully ethical life involves doing the “ most good you can do. ” Such a life requires a rigorously unsentimental view of charitable giving: to be a worthy recipient of our support, an organization must be able to demonstrate that it will do more good with our money or our time than other options open to us. Singer introduces us to an array of remarkable people who are restructuring their lives in accordance with these ideas, and shows how, paradoxically, living altruistically often leads to greater personal fulfillment than living for oneself. Doing the Most Good develops the challenges Singer has made, in the New York Times and Washington Post, to those who donate to the arts, and to charities focused on helping our fellow citizens, rather than those for whom we can do the most good. Effective altruists are extending our knowledge of the possibilities of living less selfishly, and of allowing reason, rather than emotion, to determine how we live. Doing the Most Good offers new hope for our ability to tackle the world ' s most pressing problems.

I Can Do It! Piano Book

How to Fight Climate Change and Reduce Waste

A Theory

Drawings, Affirmations and Mindfulness to Help With Anxiety and Depression

Atomic Habits

How We Meet the Built World

Guess how Much I Love You First Concepts Book

I Can Do Hard Things is a beautiful reminder to tune into and listen to that quiet voice inside so that you can do what's right for you. I don't always feel brave, confident or strong. Sometimes it seems easier to follow others along. It's hard to navigate a world in which we get so many messages about how we should be. We pause. We listen to the quiet voice inside. I connect with the love and strength it brings. It helps me remember: I can do hard things. I Can Do Hard Things: Mindful Affirmations for Kids is the perfect addition to your home or school library. (The book is available in Spanish as Yo Puedo Hacer Cosas Dificiles: Afirmaciones Concientes Para Niños).

Contributors: Ann Barham, Chloe Bryer, Ian T. Douglas What Can One Person Do? confronts a poverty-stricken world, and with clarity of purpose offers practical steps to create lasting change. Global poverty can be reduced through a series of achievable objectives: the eight Millennium Development goals agreed to by the international community at the Millennium Summit in 2000. World leaders and faith communities have adopted the MDGs, as well as the ideas found within this book--for the authors demonstrate that as shared vision grows and as these goals are accomplished, human communities shall indeed flourish.

Named a Best Book of the Year by NPR and LitHub Winner of the 2021 Science in Society Journalism Book Prize A fascinating and provocative new way of looking at the things we use and the spaces we inhabit, and a call to imagine a better-designed world for us all.

Furniture and tools, kitchens and campuses and city streets--nearly everything human beings make and use is assistive technology, meant to bridge the gap between body and world. Yet unless, or until, a misfit between our own body and the world is acute enough to be understood as disability, we may never stop to consider--or reconsider--the hidden assumptions on which our everyday environment is built. In a series of vivid stories drawn from the lived experience of disability and the ideas and innovations that have emerged from it--from cyborg arms to customizable cardboard chairs to deaf architecture--Sara Hendren invites us to rethink the things and settings we live with. What might assistance based on the body's stunning capacity for adaptation--rather than a rigid insistence on "normalcy"--look like? Can we foster interdependent, not just independent, living? How do we creatively engineer public spaces that allow us all to navigate our common terrain? By rendering familiar objects and environments newly strange and wondrous, What Can a Body Do? helps us imagine a future that will better meet the extraordinary range of our collective needs and desires.

Learn what you can do right now to reduce your carbon footprint with this inspiring, accessible, stunningly illustrated book based on Eduardo Garcia's popular New York Times column. "This beautiful and practical book on the climate crisis is for people of all ages, packed with wonderful pictures, powerful stats, and sound advice." Mike Berners-Lee, author of There Is No Planet B Award-winning climate journalist Eduardo Garcia offers a deeply researched and user-friendly guide to the things we can do every day to fight climate change. Based on his popular New York Times column "One Thing You Can Do," this fully illustrated book proposes simple solutions for an overwhelming problem. No lectures here--just accessible and inspiring ideas to slash emissions and waste in our daily lives, with over 350 explanatory illustrations by talented painter Sara Boccaccini Meadows. In each chapter, Garcia digs into the issue, explaining how everyday choices lead to carbon emissions, then delivers a wealth of "Things You Can Do" to make a positive impact, such as: " Eat a climate-friendly diet " Reduce food waste " Cool your home without an air conditioner " Save energy at home " Adopt zero-waste practices " Increase the fuel efficiency of your car " Buy low-carbon pet food " Hack your toilet to save water " Slash the carbon footprint of your online shopping Delivering a decisive hit of knowledge with every turn of the page, Things You Can Do is the book for people who want to know more--and do more--to save the planet.

You Can Do the Impossible

What Government Can Do

The ONE Thing

A Book about Discovering what You Do Well

Overload

Turn East Toward Asia, a Report on the 6th National Conference Convened by the United States National Commission for UNESCO, San Francisco, Nov. 6, 7, 8, 9, 1957

A Children's Career Guide

America's leading expert on the psychology of lawyer behavior presents ... * The first career satisfaction model just for lawyers * Practical techniques to find long-term career satisfaction inside, outside & around the law * Resources to help you in the job search and transition process The more you base your career choices on how well they fit with your identity, the more assured you can be that the choices will remain satisfying over the long term. In this all-new, 6th edition of a law career classic, lawyers are introduced to a unique, five-part model for career satisfaction that is based on the well-established principle that the better the fit between a person's career identity and his or her job, the greater the person's long-term career satisfaction. The model applies whether you want to find satisfaction in the traditional practice of law, or you seek satisfaction through alternative work arrangements or career choices. This book contains career exercises, practical career-finding techniques, and 800+ ways to use your law degree inside, outside or around the law.

Bring on the silly . . . and a surprise! Prepare to be amazed by the wonderful, funny antics of . . . a book! Not just any book, but a book that can do anything--well, almost anything. Children will cheer as they turn the pages of this highly amusing book and see all the things that it can do, then laugh out loud when they lift up its hat to reveal a delightful surprise. * A funny visual adventure that will lead to lots of giggles and chuckles * Simple, bold illustrations will entertain and engage children * And a surprise ending, with the pull of a hat! With its amusing text and laugh-out-loud antics, This Book Can Do Anything is an irresistible board book that children will want to read again and again! * Great family read-aloud * Books for children aged 0 to 3 * Books for toddlers and preschool children

A unique, illustrated guide to the world of work, bringing clarity to children's essential questions on potential future careers.

"I didn't believe in prayer at the beginning of that summer, I believed in action," Julie writes. This was the start of a three-month experiment that took her from the boardrooms of corporate America to various hospital rooms, where she discovered how to minister to the families of patients, the sick, and the dying. The Hospital Clinical Pastoral Education Program enabled her to create a learning contract that focused on prayer. Julie recorded numerous vivid and sometimes heartbreaking stories of how prayer can transform those in its path, especially Julie. Her prayers are direct and sometimes challenging, but an answer is always provided, and most of the time, it is unexpected. Have an inside look into the life of a chaplain, and see what it's like when a surgeon asks for prayers in an emergency room trauma unit. Find out how Julie talks with a five-year-old who just discovered she is paralyzed from the neck down and how she answers an eight-year-old's question, "Are there dinosaurs in heaven?" Each patient's story helps develop the importance of being present to those who are suffering. It also shows how being present in these situations can also bring up our own suffering. The one constant in each story is the healing power of prayer.

What Can You Do?

A Lawyer's Guide to Career Satisfaction Inside, Outside & Around the Law

What Can I Do Now

This Book Can Do Anything

I Am Smart, I Am Blessed, I Can Do Anything!

A Book about Confidence

What We Can Do

Have fun learning how to tie your laces and button up your clothes in this fabulous book of fastenings. There are five different fastenings to practise, together with step-by-step illustrated instructions.

What Can I Do? The Path from Climate Despair to Action Penguin

Favorite children's songs and easy letter format make this book a winner for bringing music and piano into a child's life. Every beginner CAN DO IT with a keyboard chart, fingering chart and simple directions. Beginners learn Italian music terms, fingering, music basics, patterns, and composition. Full color, 80 pgs., heavy cardstock cover and music CD. For children ages 4 - 11 and those with special needs.

In *What a Body Can Do*, Ben Spatz develops, for the first time, a rigorous theory of embodied technique as knowledge. He argues that viewing technique as both training and research has much to offer current debates over the role of practice in the university, including the debates around "practice as research." Drawing on critical perspectives from the sociology of knowledge, phenomenology, dance studies, enactive cognition, and other areas, Spatz argues that technique is a major area of historical and ongoing research in physical culture, performing arts, and everyday life.

I Can Do It

Faith to Heal a Broken World

You Can Do All Things

What Can You Do with a Paleta?

What Can One Person Do?

Things You Can Do

What Can I Do?

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 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 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 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-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 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 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 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. A call to action from Jane Fonda, one of the most inspiring activists of our time, urging us to wake up to the looming disaster of climate change and equipping us with the tools we need to join her in protest In 2019, daunted by the looming disaster of climate change and inspired by Greta Thunberg, Naomi Klein, and student climate strikers, Jane Fonda asked herself one question: What can I do? Jane Fonda, one of the most influential activists of our time, moved to Washington, D.C., and has since led thousands of people in demonstrations on Capitol Hill. In launching Fire Drill Fridays, Fonda teamed up with Greenpeace, leading climate scientists, and community organizers not only to understand what's at stake, but to equip all of us with the education and tools we need to join her in protest. *What Can I Do?* isn't a wish list—it's a to-do list. So many of us recognize the urgency in stemming the tide of climate change but aren't sure where to start. Our window of opportunity to act is quickly closing. And it isn't only Earth's life-support systems that are unraveling, so too is our social fabric. This is going to take an all-out war on drilling, fracking, deregulation, racism, misogyny, colonialism, and despair—all at the same time. The problems we face now require every one of us to join the fight for not only our immediate future, but for the future of generations to come. 100% of the author's net proceeds from *What Can I Do?* have gone to Greenpeace

"What Government Can Do argues that federal, state, and local governments can and should do a great deal. Benjamin I. Page and James R. Simmons detail what programs have worked and how they can be improved, while introducing the general reader to the fundamentals of social insurance programs such as Social Security and Medicaid, tax structures, minimum wage laws, educational programs, and the concept of "basic needs." Through their discussions of high-profile campaign plans, proposals, successes, and failures, they have written a readable, optimistic, and clear-headed book on government and poverty. And they find that, contrary to popular belief, government policies already do, in fact, help alleviate poverty and economic inequality. Often these policies work far more effectively and efficiently than people realize, and in ways that enhance freedom rather than infringe on it. At the same time, Page and Simmons show how even more could be - and should be - accomplished." --Book Jacket.

I Can Do That! helps children learn self-regulating techniques. Told through rhyme from a child's point of view, strategies are shared empowering the child to effectively learn and practice ways they can control their emotions and actions when they feel themselves becoming dysregulated. The discussion questions at the end of the book provide an easy transition for counselors and parents to open a discussion, assisting the child in exploring ways they can learn to manage themselves.

Anything You Can Do, I Can Do

What Can a Body Do?

The Mathematics Teacher

The Most Good You Can Do

An Easy & Proven Way to Build Good Habits & Break Bad Ones

A Book on Self-regulation

The Surprisingly Simple Truth Behind Extraordinary Results

Born in the hellish aftermath of Pearl Harbor, the Seabees began as barely armed civilians with no military training. They had an average age of 35. GIs would joke, "Never hit a Seabee, for his son might be a Marine." America's bulldozing, jungle-hacking, "Jap-cracking" Construction Battalion or the Seabees (C.B.Cs) soon proved themselves miracle-construction-workers in seemingly impassable combat zones. Before World War 2, Marines were the ones to "get their first," but the need for roads in the muddy battlefields of the Pacific meant that claim would pass to the Construction Battalion. Their early motto was "Can Do!"

Manage without giving up the work you love and discover the leader within. Conventional management thinking says that to manage effectively you must delegate. It implies that managers fall into a dangerous trap when they continue to perform tasks they love from a previous role. And it says that to not "let go" is to give in to a controlling tendency that robs staff of development opportunities. But not everyone agrees. Today's increasingly knowledge-driven, cost-competitive work world is changing the way management gets done. More and more, people in management roles are becoming can-do leaders who must continue to practice their specialty while managing and developing the skills of others. But this group has had few guidelines to follow—until now. In *Becoming a Can-Do Leader*, executive coaches Frank Satterthwaite and Jamie Millard say it's time that management thinking catches up with reality. Their extensive experience training and coaching player-managers at all levels has shown that successful managers both delegate and do. Whether you're trying to survive your first promotion or coaching executives who yearn to keep up with their field, essential guidelines for can-do leadership are inside this book. You'll find workplace examples that ring true, as well as unique strategies and tools that both help you identify your values and provide insight into your natural leadership style. Don't let your knowledge and skills decline by stepping completely out of the professional picture. It's time to get productively and selectively involved in the work, enabling you to manage more effectively and keep up with important advances in your field—all while developing and leading your team to success. Discover how to work strategically with staff while continuing to grow expertise in your profession. That's can-do leadership.

Mindfulness, drawings and meditations Fans of *Furiously Happy* by Jenny Lawson, *Hyperbole and a Half* by Allie Brosh, *Introvert Doodles* by Maureen Marzi Wilson, and the works of Liz Climo will love *You Can Do All Things*. Daily meditations to help with depression and anxiety: Mental health is a topic that affects everyone, though so few are eager to discuss it. *You Can Do All Things* is a compendium of knowing-yet-supportive illustrations from *The Latest Kate*, whose thoughtful quotations encourage the reader to be mindful of their own mentality and to take care of themselves, regardless of image or lifestyle. Calming and supportive, the illustrations are also candid about the internal problems many people face in this hectic modern world. Inspirational, gentle drawings of animals: *The Latest Kate's* inventive pairing of whimsical colors and friendly, smiling animals is the spoonful of sugar that makes the heavy subject matter approachable and non-threatening. *You Can Do All Things* is a welcome addition to any bookshelf or art wall, and its messages are equally applicable to adults and children. In this book you'll find:

- Beautiful, whimsical, and colorful art
- Expressions of encouragement for any hardship you face
- A how-to guide for dealing with anxiety and depression
- Understanding and validation for your struggles
- Cute animals that believe in you!
- Tips for every time you feel inadequate, overwhelmed, or down on yourself

Anxiety sucks, but you don't. This book will show you how to get through the worst of it. Art for mental health, relaxation and stress reduction.

- More than 500 appearances on national bestseller lists
- #1 Wall Street Journal, New York Times, and USA Today
- Won 12 book awards
- Translated into 35 languages
- Voted Top 100 Business Book of All Time on Goodreads

People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. **YOU WANT LESS.** You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. **AND YOU WANT MORE.** You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. **NOW YOU CAN HAVE BOTH — LESS AND MORE.** In *The ONE Thing*, you'll learn to * cut through the clutter * achieve better results in less time * build momentum toward your goal* dial down the stress * overcome that overwhelmed feeling * revive your energy * stay on track * master what matters to you *The ONE Thing* delivers extraordinary results in every area of your life--work, personal, family, and spiritual. **WHAT'S YOUR ONE THING?**

The Publication and Reception of *Silent Spring*

What Can a Citizen Do?

I Can Do That

Discovering the Power of Prayer

Look what I Can Do

A Book about Global Warming

Dealing with Poverty and Inequality

The reporters and columnists of the *Pauliapolis Sentinel* fret over the implications for them personally of the managements employment of a market research firm. Their concern is that main stream reader interests will favor the scores of the writers of some subjects. Sports columnist Abe Fuller asserts that reader preoccupation with politics makes it easy to write about politics acceptably. Political columnist Adele Freedman responds that sports writing has the easiest to impress readership of all. The disagreement leads to a wager. Each columnist will write the others columns under the others byline for the two weeks of the market research. Whoever gets the higher ratings writing as the other person will receive a weeks midwinter vacation in the Caribbean at the expense of the loser. During the market survey, the paper receives a

confidential report of a local scandal involving both politics and pro sports. Assigned to investigate the story, the two competing columnists uncover complications that change the outcome of their wager and their feelings about each other.

From bestselling writer David Graeber—"a master of opening up thought and stimulating debate" (Slate)—a powerful argument against the rise of meaningless, unfulfilling jobs..and their consequences. Does your job make a meaningful contribution to the world? In the spring of 2013, David Graeber asked this question in a playful, provocative essay titled "On the Phenomenon of Bullshit Jobs." It went viral. After one million online views in seventeen different languages, people all over the world are still debating the answer. There are hordes of people—HR consultants, communication coordinators, telemarketing researchers, corporate lawyers—whose jobs are useless, and, tragically, they know it. These people are caught in bullshit jobs. Graeber explores one of society's most vexing and deeply felt concerns, indicting among other villains a particular strain of finance capitalism that betrays ideals shared by thinkers ranging from Keynes to Lincoln. "Clever and charismatic" (The New Yorker), Bullshit Jobs gives individuals, corporations, and societies permission to undergo a shift in values, placing creative and caring work at the center of our culture. This book is for everyone who wants to turn their vocation back into an avocation and "a thought-provoking examination of our working lives" (Financial Times).

Things get easier every day. Just watch what I can do today! This affirming story celebrates how baby animals in the forest accomplish goals, whether it's a baby bear finding food, a young spider spinning a web, or a small bird flying from the nest for the first time. The tender, rhyming text compares these achievements to those of a child who is learning to ride his bike or catch a ball. The perfect story to encourage young readers to try new things or keep the faith when faced with challenges, Look What I Can Do! honors the important milestones that children achieve each day. Praise for Look What I Can Do! "Baby animals strive to "stand up strong," leap high and "spin a trap." But learning is full of challenges, distractions and fun. In this message-driven tale, children see how various creatures struggle to develop and gain confidence."

—Kirkus Reviews "This gently affirming tale is perfect for parent-and-child sharing and offers many opportunities for discussion." —School Library Journal

A young girl tries everything she can think of to keep her parents from getting a divorce, but with the help of her school counselor, she comes to realize that the divorce is not her fault.

What a Book Can Do

A Book for Children of Divorce

All I Can Do Is Pray

The Path from Climate Despair to Action

Hey Girl, You Can Do It

Occupational Outlook Handbook

How Good Jobs Went Bad and What We Can Do about It

Where the paleta wagon rings its tinkly bell and carries a treasure of icy paletasin every color of the sarape . . . As she strolls through her barrio, a young girl introduces readers to the frozen, fruit-flavored treat that thrills Mexican and Mexican-American children. Create a masterpiece, make tough choices (strawberry or coconut?), or cool off on a warm summer's day--there's so much to do with a paleta.

Why too much work and too little time is hurting workers and companies—and how a proven workplace redesign can benefit employees and the bottom line Today's ways of working are not working—even for professionals in "good" jobs. Responding to global competition and pressure from financial markets, companies are asking employees to do more with less, even as new technologies normalize 24/7 job expectations. In Overload, Erin Kelly and Phyllis Moen document how this new intensification of work creates chronic stress, leading to burnout, attrition, and underperformance. "Flexible" work policies and corporate lip service about "work-life balance" don't come close to fixing the problem. But this unhealthy and unsustainable situation can be changed—and Overload shows how. Drawing on five years of research, including hundreds of interviews with employees and managers, Kelly and Moen tell the story of a major experiment that they helped design and implement at a Fortune 500 firm. The company adopted creative and practical work redesigns that gave workers more control over how and where they worked and encouraged managers to evaluate performance in new ways. The result? Employees' health, well-being, and ability to manage their personal and work lives improved, while the company benefited from higher job satisfaction and lower turnover. And, as Kelly and Moen show, such changes can—and should—be made on a wide scale. Complete with advice about ways that employees, managers, and corporate leaders can begin to question and fix one of today's most serious workplace problems, Overload is an inspiring account about how rethinking and redesigning work could transform our lives and companies.

Explore noises, count from one to ten, learn all about colours, the weather, shapes, actions, and nature with Big Nutbrown Hare and Little Nutbrown Hare.

In 1962, the publication of Rachel Carson's Silent Spring sparked widespread public debate on the hazards of pesticide abuse for humans and their environment. This work explores how a newsmaking book enabled a single voice of warning to gain the attention of the entire country, and beyond.

What a Body Can Do

Mindful Affirmations for Kids

I Can Do Hard Things

A Guide for the Busy Manager

What Can I Do When I Grow Up

Dad Can Do Anything