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Aarp The Magazine Februarymarch 2012

David E. Sumner,Holly G. Miller



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Lifestyle Is Driving Us Toward Impending Demise A. Cyrus Tahernia, 2013-11-05 Lifestyle Is Driving Us toward Impending Demise General This book is comprised of fifteen up to date chapters prologue epilogue and appendix This manuscript discusses many important and contemporary hot topics such as obesity dietary regimen exercise health care system texting while driving immigration and airport dilemmas This book also entails topics such as insomnia sleep deprivation somnambulism sex and money Chapter 1 Obesity This chapter entitled Obesity covers extensively the epidemiology prevalence in the USA classification and identification of obesity in children and adults It describes primary obesity vs secondary lifelong obesity vs adult onset obesity and gradual weight reduction via behavior changes diet and exercise This book also illustrates the differential diagnosis of childhood s obesity and its dire consequences The role of genetic central nervous system and endocrine gland deficiencies is discussed The problem of obesity epidemic with its catastrophic consequences is displayed The strong behavior changes willpower are discussed in detail Definition etiology pathogenesis of obesity and deleterious effect of sedentary life are described thoroughly The importance of body mass index BMI and waist circumference size is described in detail Waist reflects the amount of visceral fat each individual carries and may be a better prediction of obesity than BMI The important cause of obesity in the USA such as sedentary life excessive caloric intake and lack of willpower is discussed in detail Finally the prevention and management of obesity are explored Chapter 2 Food and Dietary Regimen This chapter discusses the benefit of Mediterranean diet including olive oil In this chapter the good the bad cholesterol triglyceride organic vs genetic engineering food as well as antioxidant foods are discussed in detail This chapter also describes in detail the role of saturated polyunsaturated and monounsaturated fats on our health The consistency and moderation are emphasized The importance and deleterious effect of high caloric intake and loaded good fats is illustrated The size of daily food matters greatly The role of fiber and the presence of toxic substance in processed food and harmfulness of fried food are described The difference between vegan vs vegetarian diets and its pros and cons are discussed The role and importance of guidelines on healthier meals in school cafeteria are emphasized The advantageous role of nuts and berry families is explored This chapter also describes the daily amount of caloric intake calcium vitamin D salt and percentage of daily caloric intake of protein carbohydrate and fat are discussed The daily percentage of different fats in diet is also described The deleterious effect of sugary and salty food is emphasized The amount of daily caloric intake in different race ethnicity and gender groups is illustrated This chapter also entails a description of trans fat omega 3 and omega 6 fatty acid and its effect on our health Finally this chapter concludes with Eat less Live Longer and Eat to Live Not Live to Eat Chapter 3 Exercise This chapter illustrates the importance of physical activity and exercise as well as deleterious effect of sedentary life and sitting It describes isometric resistance and dynamic aerobic exercises The beneficial effect of aerobic exercise for cardiovascular system health and resistance exercise in older population are

discussed The different physical activity vs caloric expenditure is illustrated Lifestyle interventions and physical activity are elucidated This chapter via some tables describes the intensity time spent and different physical activity exclusively The value of target heart rate in adolescents and adult exercises are delineated The critical importance of physical acti

Selfless Love Ellen Jikai Birx,2014-04-01 Selfless Love shows how meditation can help us realize that we don t love we are love Gentle elegant and radically inspiring Selfless Love presents a holistic experiential meditative path that enables us to see beyond our preconceived notions of identity spirituality and humanity Drawing equally from Zen parables her experience as a mental health therapist and the Gospels Ellen Birx shows us that through meditation we can recognize that our true selves are not selves at all that all beings are united in unbounded infinite awareness and love beyond words Recognizing the limitations of language in describing the indescribable Birx concludes each chapter in the Zen tradition of turning words with a verse meant to invite insights *The Parent Trap* Nate G. Hilger,2022-04-26 How parents have been set up to fail and why helping them succeed is the key to achieving a fair and prosperous society Few people realize that raising children is the single largest industry in the United States Yet this vital work receives little political support and its primary workers parents labor in isolation If they ask for help they are made to feel inadequate there is no centralized organization to represent their interests and there is virtually nothing spent on research and development to help them achieve their goals It s almost as if parents are set up to fail and the result is lost opportunities that limit children s success and make us all worse off In *The Parent Trap* Nate Hilger combines cutting edge social science research revealing historical case studies and on the ground investigation to recast parenting as the hidden crucible of inequality Parents are expected not only to care for their children but to help them develop the skills they will need to thrive in today s socioeconomic reality but most parents including even the most caring parents on the planet are not trained in skill development and lack the resources to get help How do we fix this The solution Hilger argues is to ask less of parents not more America should consider child development a public investment with a monumental payoff We need a program like Medicare call it Familycare to drive this investment To make it happen parents need to organize to wield their political power on behalf of children who will always be the largest bloc of disenfranchised people in this country *The Parent Trap* exposes the true costs of our society s unrealistic expectations around parenting and lays out a profoundly hopeful blueprint for reform *Take My Hand Again* Nancy Parker Brummet,2015-03-03 The guide the author wishes she had when she took on a caretaker role By 2020 the senior population in this country will number over 115 million Despite this persistent graying of America few adult children feel prepared to take on the role of caregiver for aging parents Those who discover they must now intervene and care for an elder they love are often at a loss Trying to navigate the transition is like being dropped in a foreign country with no map no GPS and no translator and acting as tour guide Nancy Parker Brummett knows what they re going through and has the means to help She shares her own experience of caring for a mother and mother in law in assisted living as well as

lessons learned through study of the academic social and political issues involved Each chapter begins with relevant Scripture but the useful information here is not limited to people of faith Take My Hand Again offers readers the warm feeling of having someone they trust stepping up to hold their hand and share encouragement and hope Children of the aging don't need a degree in gerontology they just need for someone to ask the pertinent questions and give them an overview of the pros and cons of common options so they can make informed decisions Whether they've already had their wake up call or just want to be prepared for what's to come Brummett's sometimes humorous sometimes poignant book has just what they're looking for

Clergy Retirement Daniel A. Roberts, Michael Freidman, 2017-11-22 In Clergy Retirement Every Ending a New Beginning for Clergy Their Families and Congregants retirement is likened to a death experience but much more Besides saying goodbye to congregants colleagues and a career it is equally important as in any other loss to take time to grieve and then to discover new meaning in life through which to reinvent oneself and grow to new heights This book is a manual for transition into a new world as one approaches retirement It not only encourages the retiree to think through the process of making new meaning but offers practical suggestions of how to do so

48th Publication Design Annual, 2014-02-01 The Society of Publication Designers SPD annual competition seeks the very best in editorial design work Judged by a worldwide panel of top designers the 48th edition of Rockport's best selling SPD annuals celebrates the journalists editorial directors photographers and other talented individuals who brought events of the year 2013 to our doorsteps and computer screens Stunning full page layouts present everything from products to people and objects to events in ways that make each palpable and unforgettable You'll find featured work published in a wide range of mediums and created by journalistic design and publishing talent from around the world

RESET: Living in God's Emotional and Instinctual Balance Dr. Susan Grove, 2024-08-19 Have you ever felt stuck Have you been praying but feel like you're not getting any traction Do you ever feel like you just need to start all over hit the reset button This book can walk you through the process of uncovering and discovering what is blocking you from living a life filled with the fruits of the Spirit With a simple chart of nineteen instincts and emotions that can get out of balance it's possible to identify key areas to recalibrate in order to claim the joy that Christ gifted us with The middle column of the chart illustrates a balanced joyful and fruitful life while the rest of the chart looks at the signs along the way that indicate we're out of balance There are key elements of our faith that can help us to move toward this balance Getting to know our Savior better Donning the full armor that God provides us with to battle our very real enemy Looking with eyes wide open at the temptation we face today Centering our lives on Christ Demystifying and using prayer A closer look at these elements can help us reset leading us to a life free of the bondage of emotions and instincts that are out of control

The State of American Hot Rodding David Lawrence Miller, 2018-04-17 As the automotive world looks towards a future of electric vehicles driverless technology and anonymous styling what can be learned from the individuals who resist these trends and cling to their love of street rods and muscle cars The hot rodding

world still exists but will it continue to hold a place in tomorrow's automotive culture Gearhead and geographer David Miller has crisscrossed America in his custom built 1958 Chevy Apache pickup interviewing hot rodders about what drives their passions values and way of life Their collected stories present a detailed portrait of modern hot rodding a distinctly American subculture that survives by bucking the trends and attitudes that increasingly shape the transportation landscape

Feature and Magazine Writing David E. Sumner, Holly G. Miller, 2013-01-04 Updated with fresh facts examples and illustrations along with two new chapters on digital media and blogs this third edition continues to be the authoritative and essential guide to writing engaging and marketable feature stories Covers everything from finding original ideas and angles to locating expert sources Expanded edition with new chapters on storytelling for digital media and building a story blog Captivating style exemplifies the authors expert guidance combining academic authority with professional know how Comprehensive coverage of all the angles including marketing written work and finding jobs in the publishing industry Essential reading for anyone wishing to become a strong feature writer Accompanied by a website with a wealth of resources including PowerPoint presentations handouts and Q As that will be available upon publication www.wiley.com/go/sumnerandmiller

How We Live Now Bella M. DePaulo, 2015-08-25 A close up examination and exploration How We Live Now challenges our old concepts of what it means to be a family and have a home opening the door to the many diverse and thriving experiments of living in twenty first century America Across America and around the world in cities and suburbs and small towns people from all walks of life are redefining our lifespaces the way we live and who we live with The traditional nuclear family in their single family home on a suburban lot has lost its place of prominence in contemporary life Today Americans have more choices than ever before in creating new ways to live and meet their personal needs and desires Social scientist researcher and writer Bella DePaulo has traveled across America to interview people experimenting with the paradigm of how we live In How We Live Now she explores everything from multi generational homes to cohousing communities where one's family is made up of friends and neighbors to couples living apart together to single living and ultimately uncovers a pioneering landscape for living that throws the old blueprint out the window Through personal interviews and stories media accounts and in depth research How We Live Now explores thriving lifespaces and offers the reader choices that are freer more diverse and more attuned to our modern needs for the twenty first century and beyond

Religion and the Marketplace in the United States Jan Stievermann, Philip Goff, 2015 This collection of essays focuses on the diverse interactions between religious and commercial practices in U S history Studying religion and the marketplace from various angles each chapter offers insights into a long and intimate relationship between two aspects of American culture

MGMT3 Chuck Williams, Alan McWilliams, Rob Lawrence, 2017-01-01 A new approach to learning the principles of management MGMT 3 is the third Asia Pacific edition of a proven innovative solution to enhance the learning experience Concise yet complete coverage supported by a suite of online learning aids equips students with the tools

required to successfully undertake an introductory management course Paving a new way to both teach and learn MGMT 3 is designed to truly connect with today's busy tech savvy student Students have access to online interactive quizzing videos podcasts flashcards case studies games and more An accessible easy to read text along with tear out review cards completes a package which helps students to learn important concepts faster MGMT 3 delivers a fresh approach to give students what they need and want in a text

Don't Divorce Diane Medved, 2017-03-06 If you're in a troubled marriage divorce might seem like a reasonable option But in most cases it's a calamity Shows like Bravo's *Girlfriends Guide to Divorce* and HBO's *Divorce* normalize the dissolution of marriage making couples feel that divorce can be a happy new beginning Celebrities suggest a norm that divorce is not only acceptable but advisable Gwyneth Paltrow's conscious uncoupling makes divorce seem trendy and enlightened Today couples are even throwing divorce parties complete with invitations and caterers Enough says psychologist Diane Medved If you're hurtling down the road to divorce the first thing to do is to put on the brakes Don't let your spouse your friends or the divorce industry rush you into ending your marriage Take a deep breath and read this book Drawing on three decades of clinical and personal experience Dr Medved will show why you should save and revitalize your marriage She expertly unmask the threats to marriage including hookup apps that promise non committal sex and legions of professionals who are financially invested in your divorce She punctures one by one the arguments in favor of divorce proving that the good divorce is a myth Don't Divorce is the antidote to a pro divorce culture the tool that will empower you to revive a dying marriage and recover the happiness that seems out of reach

Write Attitude Diana Bocco, 2014-01-20 Special Price for a limited time only 3 books for the price of 2 Three essential books to help inspire and jumpstart your writing career Together in one especially priced box set collection If you have ever wondered how successful writers got there and how you can do the same this collection is for you The set includes *How They Did It* 25 bloggers authors and writers share all their secrets about earning a living and how you can do it too Some of the country's most prominent freelancers and bloggers share their best advice covering everything from jumpstarting your career landing well paid assignments expanding beyond your comfort zone avoiding scams and much much more Get a special peek into the lives and work schedules of successful freelancers and see photos of their writing spaces *The 10 Habits of Successful Writers* What do a New York Times bestselling novelist a six figure freelancer and an award winning indie have in common A few very useful habits Find out how to become highly productive so you can earn more the common mistakes that are holding you back and the one thing every featured writer believes is key to success Hint It involves a chair *The 1 000 Query Letter Read* real query letters that landed their authors dream assignments and contracts including multiple book deals with major publishers magazine columns and more Then learn what made those queries so amazing and how you can yours shine keywords writing and publishing success stories how they did it make money writing become a writer

Streaming Wheeler Winston Dixon, 2013-05-01 Film stocks are vanishing but the iconic images of the silver screen remain albeit in new sleeker

formats Today viewers can instantly stream movies on televisions computers and smartphones Gone are the days when films could only be seen in theaters or rented at video stores movies are now accessible at the click of a button and there are no reels tapes or discs to store Any film or show worth keeping may be collected in the virtual cloud and accessed at will through services like Netflix Hulu and Amazon Instant The movies have changed and we are changing with them The ways we communicate receive information travel and socialize have all been revolutionized In *Streaming* Wheeler Winston Dixon reveals the positive and negative consequences of the transition to digital formatting and distribution exploring the ways in which digital cinema has altered contemporary filmmaking and our culture Many industry professionals and audience members feel that the new format fundamentally alters the art while others laud the liberation of the moving image from the imperfect medium of film asserting that it is both inevitable and desirable Dixon argues that the change is neither good nor bad it s simply a fact Hollywood has embraced digital production and distribution because it is easier faster and cheaper but the displacement of older technology will not come without controversy This groundbreaking book illuminates the challenges of preserving media in the digital age and explores what stands to be lost from the rich hues of traditional film stocks to the classic movies that are not profitable enough to offer in streaming formats Dixon also investigates the financial challenges of the new distribution model the incorporation of new content such as webisodes and the issue of ownership in an age when companies have the power to pull purchased items from consumer devices at their own discretion *Streaming* touches on every aspect of the shift to digital production and distribution It explains not only how the new technology is affecting movies music books and games but also how instant access is permanently changing the habits of viewers and influencing our culture

Gray Matters Ellyn Lem, 2020-08-28 *Gray Matters* Finding Meaning in the Stories of Later Life examines films literature and art that focus on aging often made by people who are over sixty five These texts are analyzed alongside recent gerontology research and extensive commentary from interviews and surveys of seniors to show how stories illuminate the dynamics of growing old by blending fact with imagination giving a fuller picture of the aging process

Bob Dylan and the Spheres of Existence Christopher B. Barnett, 2023-03-20 *Bob Dylan and the Spheres of Existence* shows that existential questions lie at the heart of Bob Dylan s songwriting a point that will developed with the help of renowned Danish philosopher S ren Kierkegaard One of the focal points of Kierkegaard s authorship is the journey towards authentic selfhood Famously he thematizes this journey in terms of existential spheres the aesthetic the ethical and the religious Whereas the aesthetic involves a preference for immediacy the ethical has to do with achieving a sense of personal identity by way of living for enduring commitments and values Yet higher than both of these stages is the religious which initially concerns the immanent human quest for eternal life but for Kierkegaard ultimately comes to rest in God s transcendent self revelation in Jesus Christ This book argues that Kierkegaard s theory can help us deepen our understanding of and relation to Dylan s art Just as Kierkegaard presupposes existential movement and transformation so is Dylan celebrated for his shifting personae

and philosophical variance But this is not mere aesthetic dabbling on Dylan s part On the contrary his diverse masks and voices encourage his audience to engage the worldview being presented albeit in such a way that religious faith is identified as humanity s source of ultimate meaning *Faith Confronts Nuclear Power* John R. Gugel,2015-10-22 Faith Confronts Nuclear Power is a theological critique that attempts to call people to action in the battle against nuclear power Nuclear power is a sophisticated terribly expensive and frightfully dangerous way to boil water What is it doing to the earth our God created How do we care for the earth if we allow it to continue Looking at nuclear power through the eyes of faith a Lutheran pastor John Gugel is alarmed at the apparent lack of concern on this issue and seeks to call people to action

Introduction to Aging Judith Sugar,Robert J. Riekse,Henry Holstege, PhD,Michael A. Faber,2014 This new textbook creates a paradigm shift with a very practical approach to problem solving Aging is an asset Its focus on well care rather than just sick care by understanding physical fitness sexual fitness consumer fitness nutritional fitness and social fitness among others all point to aging as an asset leading to civic fitness and the potential for intergenerational support This text may help springboard Gerontology into the 21st Century as the field creating excitement and hope for students and teachers alike Cullen T Hayashida Ph D Director Kupuna Elder Education Center Kapi olani Community College University of Hawaii This research based yet highly engaging textbook for undergraduate and masters level college students ushers in a new paradigm of aging that of aging as a positive stage of life It offers an interdisciplinary perspective on the broad range of topics that comprise gerontology using theoretical and research based information while providing engrossing narratives and real examples of new trends surprising findings and controversial topics The volume dispels many of the myths about aging through careful reporting of facts issues and trends It sheds a positive light on getting older by viewing the elderly and near old as a diverse capable subset of our population A discussion of roles in the family workplace and greater society along with physical changes health sexuality living environment work retirement and cultural considerations reveal the challenges and opportunities faced by our rapidly aging population This text comes with access to PowerPoint slides and an instructor s manual including learning objectives key terms test questions suggested topics for essays and discussion and suggested classroom activities and homework assignments Key Features Conceptualizes aging in America as a positive social revolution with far reaching consequences Disperses negative myths about aging Engages the reader with vivid narratives Includes practical applications of knowledge throughout the text Includes instructor s manual PowerPoint slides and resources for additional learning opportunities Targeted to the needs of undergraduate and masters level gerontology students

Fundamentals of Human Resource Management Robert N. Lussier,John R. Hendon,2019-08-06 Fundamentals of Human Resource Management Functions Applications Skill Development helps students of all majors build the skills they need to recruit select train and develop employees Bestselling authors Robert N Lussier and John R Hendon explore the important strategic function HR plays in today s organizations A wide variety of applications self assessments and experiential exercises

keep students engaged and help them see the relevancy of HR as they learn skills they can use in their personal and professional lives The Second Edition includes 13 new case studies and new coverage of the agile workplace generational differences gamification social media and diversity and inclusion This title is accompanied by a complete teaching and learning package

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