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Cassandra Gaisford



Kick The Drink Easily:

Kick the Drink...Easily! Jason Vale, 2011-03-01 There is no such thing as an alcoholic and there is no such disease as alcoholism as society understands it Whether you agree with this statement or not one thing is for sure you will never see alcohol in the same light ever again after reading this book Jason Vale takes an honest and hard hitting look at people s conceptions of our most widely consumed drug Jason s major argument is there is no such thing as an alcoholic and that we are conditioned to accept alcohol as a normal substance in today s society despite the fact that it is the major cause of many of today s social problems and a wide range of health issues This book is much more than a simple eye opener it will change the way you see alcohol forever show you how to stop drinking help you enjoy the process and enjoy your life so much more than you do now without having to drink alcohol So open your mind and take a journey with Jason to explore the myths about the most used and accepted drug addiction in the world

Therapeutic Hypnosis with Children and Adolescents

Laurence L Sugarman, William Wester II, 2014-02-02 In this completely revised updated and expanded volume the editors have brought together some of the field s most outstanding contributors to examine the wide ranging applications and promise of the use of hypnosis with children The book develops core principles of clinical hypnosis with children and adolescents and each contributor delineates how they apply these precepts in a range of psychological and medical settings The result is a constellation of perspectives and clinical applications that move the reader beyond literature review to practical advice

Restorative Practice at Work Lesley Parkinson, 2023-08-31 Restorative practice is emerging in healthcare settings and systems as a highly effective means of improving relationships and enabling positive change It consists of a set of theories principles skills and processes that shape our thinking around the way we interact with others When restorative practice is adopted consistently within and between teams it becomes the way we do things round here a set of restorative practice habits that we all recognise use and refer to Restorative Practice at Work identifies a set of six complementary habits which will help to change and improve everyday communications conversations and accountability in healthcare These habits demonstrate how restorative practice can help to improve day to day communications in the form of behaviour language and conversations ease some of the daily challenges faced in healthcare and foster more effective working relationships potentially leading to improvements in patient care and patient safety They are Navigating the Mountain Looking beyond challenging behaviour Recognising Needs Noticing and responding to needs and unmet needs Engaging Brains and Behaviours Informing our responses to outward behaviours Remembering the Relational Window Solving problems together Running Circle Meetings An alternative meeting process Drawing on Restorative Enquiry Processing incidents and problems Lesley firmly believes that restorative practice habits can ease the current pressures on the health service by enabling better relationships improved communication and a focus on positive mental health It can also be part of key solutions staff engagement and retention team cohesion patient safety and care culture change and

improvement The book offers practical and engaging takeaways to help you get started with restorative practice and includes reflective learning opportunities and transferrable lessons supported by evidence from case studies and contributions from experienced healthcare professionals The aim of Restorative Practice at Work is to make a notable positive difference to your daily workplace experience whether you are a public facing receptionist member of a clinical team administrator manager senior leader cleaner or consultant or indeed if you have any other role in healthcare This book will challenge and support your knowledge understanding and thinking around restorative practice as a workplace philosophy in healthcare Suitable for NHS leaders managers clinicians and staff and those in other healthcare settings such as researchers academics HR professionals and educators *Opening Doors to Ambitious Primary English Pitching high and including all* Julie

Sargent, Leah Crawford, Angela Jenkins, Bob Cox, 2023-06-30 Together with Leah Crawford Angela Jenkins and Julie Sargent Bob Cox has compiled this rich resource complete with vivid illustrations by Victoria Cox to help teachers enhance their learners engagement with challenging texts and develop their writing skills as budding wordsmiths Working in association with the Opening Doors network of schools the authors address the vital concept of pitching high but including all pupils and how this approach can be delivered in practice Opening Doors to Ambitious Primary English explains and models top quality ways of thinking planning and teaching The resources case studies and authors innovative ideas on theory will help you to make primary English vibrant creative and challenging in your school It also provides frameworks and principles for any school wishing to be more ambitious in developing pupils speaking listening reading writing and thinking with a greater sense of curiosity and more originality Opening Doors to Ambitious Primary English contains chapter by chapter explanations of how English in primary schools can be developed in ambitious ways Supported by research references examples of pupils work and illuminating case studies the book provides teachers with a toolkit of strategies which schools can adapt and apply to their own contexts The book is supported by the Opening Doors series of books which contain units of work based around selected texts The authors hope this book will act as a starting block from which to develop an Opening Doors approach to English and has suggested key concepts around which the curriculum can be built with the units providing examples to work from Suitable for teachers and curriculum leads in primary settings *The User's Manual for the Brain Volume II* L Michael

Hall, Bob G Bodenhamer, 2002-03-26 This much anticipated volume continues the tradition of Volume I the Practitioner course manual The authors now invite you to reach beyond Practitioner to Master level to develop the very spirit of NLP the quintessential self study course on advanced NLP Judith E Pearson PhD *Therapy with Tough Clients* George Gafner, 2014-01-08 Whether you're fairly new to therapy or you've practiced for many years no doubt at times you've found yourself stumped with certain clients who leave you feeling perplexed and discouraged with that I just don't know what to do next feeling George Gafner has been there and that's precisely why he wrote this book The reality is that today's cookie cutter treatment mentality presupposes that all people with say depression can be treated essentially the same way which

virtually ignores the established fact that a good deal of a person's mental functioning is governed not by conscious choice but instead by automatic or unconscious forces that lie outside voluntary control

BWRT Terence Watts, 2022-03-02 BWRT is a completely personalised therapy that is customised specifically to the way your brain and mind work. The technique has a strong foundation in science and evolutionary biology and is designed to work directly in the cognitive gap between the reptilian complex responding to a trigger such as a stressful situation and the individual becoming aware of what's happening. This enables the individual to overwrite whatever problem they're experiencing with new information and in this book Terence Watts details the steps of the procedures to help you achieve this outcome. You'll discover the how and why of the technique's efficiency and after an experiential exercise to whet your appetite Terence then presents the procedures to help you tackle a range of different challenges including:

- Preparing to get the very best out of the major changes you're going to make
- Boosting your self-worth: what you've been taught about yourself shapes what you think about yourself but a lot of it is fake news
- Understanding anxiety in all its different forms: why we have it and why we just don't need it most of the time
- Dealing with the simple phobia even when it seems far from simple and getting rid of it for good
- Performance enhancement: harnessing the resources you thought you had but weren't sure how to find

BrainWorking Recursive Therapy BWRT is a registered trademark of Terence Watts. Suitable for anyone wanting to rewire their psychological responses to life's challenges

Test-Enhanced Learning Kristian Still, 2023-05-13 Written by Kristian Still. Test Enhanced Learning: A practical guide to improving academic outcomes for all students is an informative guidebook that explores the wealth of evidence behind and the benefits of test-enhanced learning, spaced retrieval practice and personalisation. Detailing the most up-to-date research into improving learning and retention, it takes us on a journey into test-enhanced learning, spaced retrieval practice, motivation, metacognition and personalisation. In so doing, the book provides a blueprint for all teachers and schools to improve the academic outcomes of their students and to achieve this in ways that improve the motivation of learners and reduce the workload for teachers. Kristian Still has been developing these ideas with his classes for many years and has achieved considerable success in terms of the direct learning gains and improved assessment grades of his pupils and the indirect gains in students' growing confidence in lessons with a wider group of pupils contributing to class and improved classroom behaviour. Consequently, students are finding greater comfort in class and experiencing less pressure or underpreparedness when a question is asked. The book is supported by the free Remembermore app which uses digital flashcards as an aid to deliver the learning gains of personalised spaced retrieval practice, providing teachers with insights into the effectiveness of their own teaching. It also contains a number of practical case studies from teachers using these techniques and the app to produce great results in their schools. Spaced retrieval practice is a highly effective but counter-intuitive revision technique in that it involves forgetting and relearning knowledge. Test Enhanced Learning provides a blueprint for motivating students to adopt this technique in favour of seemingly easier but less effective techniques such as

re reading Moreover the Remembermoreapp does most of the convincing for you It is a tool not only to provide the flashcards for retrieval practice but also to demonstrate the power of the technique to pupils The book goes a step beyond mere retrieval practice offering a fresh approach to test enhanced learning both pretesting and post testing supported by real classroom based routines that have been tried and tested by both Primary and Secondary teachers across a range of subjects Exploring the research behind test enhanced learning it reveals that both pretesting and post testing retrieval practice offers improved memorisation and secures long term learning Suitable for all teachers in all settings The Top Kick Leonard

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National Drug Clerk Consolidating Drug Store Merchandising ,1919 *National Drug Clerk* ,1919 *The Sobriety Journal* Cassandra Gaisford,2018-01-04 Alcohol and Guilt Free Strategies You ll Love for Happier Hours or offering something which helps them solve problems for which they d love a cure is good for your soul and will speed your recovery Cut back or quit drinking entirely without becoming a hermit being ostracized or cutting back on an enjoyable social life all from the comfort of your home The passion and purpose inspired Sobriety Journal brims with a range of creative practical and wonderfully refreshing and healthy strategies to help you stop drinking or reduce alcohol Not everyone wants or needs to join a support group to adopt a more mindful approach to controlling their alcohol consumption or to deal with their drinking problems Gaisford provides readers with a carefully curated inspirational alcohol free alternatives Anyone who needs to be kept on track or inspired to commit to living sober will find genuine help in this refreshingly insightful and solution focused book The passion and purpose inspired Sobriety Journal grew out of Cassandra Gaisford s decades long work in self esteem well being and success coaching This book guides you through a variety of different booze free alternatives that will make your soul sing and send your dopamine levels soaring Over time The Sobriety Journal enables you to more easily make positive choices again and again The Sobriety Journal is a companion guide to Sexy Sobriety and Your Beautiful Mind Control Alcohol Discover Freedom Find Happiness and Change Your Life integrating neuroscience cognitive therapy proven tools and teachings to help people suffering from alcohol dependence and addiction The Sobriety Journal easy strategies for happier hours a joy filled life will help you achieve your goals whether that s getting sober or just cutting back and create positive permanent transformational change in your life Stop drinking now Kick the drink easily Swap a negative addiction for a positive life enhancing passion and purpose driven obsession one Order your copy today Bonus Alcohol Free Drink Recipes You ll Love **The Journal of Psychological Medicine and Mental Pathology** ,1881 **Drink, Temperance and Legislation** Arthur Shadwell,1915 *The Polytechnic* Rensselaer Polytechnic Institute,1899

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