

Sketchy Muma What It Means To Be A Mother

A psychological thriller about family, secrets and how well you really know your children.

Überall auf der Welt haben Menschenrechte im Laufe der Jahre an Bedeutung gewonnen. Trotz dieser Errungenschaften zeigen zahlreiche Ereignisse, die vor allem politisch motiviert sind, dass die Achtung der Menschenrechte in der Praxis leider noch lange nicht überall verwirklicht ist. Bisherige Studien dazu weisen auf eine starke Kluft zwischen Menschenrechtsnormen und Praxis hin. Was bislang in der akademischen Forschung fehlt, sind Studien zu traditionellen Glaubenssystemen. Der vorliegende Band schließt diese Lücke. Mithilfe der Grounded Theory wird der theoretische Hintergrund der Praktiken der Hexenverfolgung in Ghana beleuchtet und die Verbindung zu internationalen Menschenrechten hergestellt.

2018 Award Winner - Best Parenting & Family - Pacific Book Review 2018 Award Winner - Bronze - Non-Fiction - Wishing Shelf Book Awards The award winning Daddy Day Care is an outrageously funny and honest guide to parenting for dads. Find out what happens when one dad stays at home during maternity leave to bring up his baby daughter. What is it like to be the only bloke in playgroup? How do you bluff your way through mum chat? How can your sidekick provide a cheap alternative to the gym? Aimed at dads (and curious mums) Daddy Day Care is illustrated with funny stick men, and offers a truly alternative look at the poo soaked chaos of full-time childcare. Daddy Day Care includes chapters on: weaning and feeding local playgroups a bluffers guide to parenting books sleeping and napping teething and first aid DIY and jobs around the house baby gadgets what to wear – for children and dads a brief history of fatherhood pottery cafes and raves Zen and the art of fatherhood Best served with beer – or strong coffee (for the chronically sleep-deprived parent). Reviews "Great book for new dads - an honest and funny account of what life with a baby is like" - A Mum Reviews "Very well written, so honest and funny too" - Life as Mum "This book is a great read, especially if you're a soon to be dad. Very funny and I found myself nodding along on almost every page!" - One Hull of a Dad "If you're looking for a gift for a new parent, or even an expectant one, this book is the answer" - Parent Game blog "Truly laugh-out-loud - five sticky fingers and five stars for this valiant manual in fathering" - Readers Favorite

This work teaches readers to understand and evaluate research published in communicative sciences and disorders journals. With an emphasis on scientific principals and scientific inquiry, it provides a solid foundation for clinical practice for all levels by linking research information on treatment to clinical applications.

****THE SUNDAY TIMES TOP 10 BESTSELLER**** 'The night before Charlie was born I had this dream. I dreamt that I was a soldier, riding into battle ... completely naked, and on the back of a large, inflatable duck.' Matt Coyne has become a

hero for thousands of parents everywhere who are devoted followers of his popular blog, Man vs Baby. This is his book, and it is not your average parenting tome. It's packed with completely impractical advice for the bewildered new mum or dad - stuff you won't find anywhere else: from 'Profanity Bingo' for labour to a categorisation of various nappy disasters. But, more than that, it is the story of how becoming a parent is a kind of beautiful insanity - a thing that changes you. Above all, Dummy will keep you laughing through the exhaustion, the mystery and the madness of bringing up your own children. This is the parenting book for real people. *Raves for Matt Coyne and Dummy: 'A hero for dads everywhere' Daily Mirror 'Very, Very funny' Phillip Schofield, This Morning 'Hilarious but accurate account of finding your feet as a parent. Matt Coyne's post has struck a chord with parents from all over the world' Daily Mail 'Brutally honest rant on the reality of parenthood has taken the internet by storm' Sunday Telegraph*

Some birds are big. Some birds are small. And some birds are just incredibly TALL... But what about all the others? Find out in this joyful celebration of birds and freedom, packed with wit and humour, and with wonderfully fresh, jewel-like illustrations.

A companion guide to the incredibly successful book *Baby Whispering*, which covered the first year of a baby's life. This new book covers the following four years, divided into two main age groups (1–2 1/2 and 2 1/2 –5) looking at commonly asked questions from parents, plus material on routines, significant changes during these times, sleeping, eating, toilet training, screen time, behaviour management, sibling adjustment, different personalities, child care options and more. All this is covered simply and in a very easy-to-read manner that the tiredest of parents will be able to understand.

This book contains 11 chapters by 35 contributors, which are noticed elsewhere. The papers were presented at an international symposium held in Montpellier, France, on 17-20 October 1999.

Lunarbaboon shares life's parenting moments from the perspective of a 30-something dad/husband/chaos survivor. Together with the savvy, laid back Mom, wild child Moishe, baby Matilda, and a former Julliard student (their cat), Lunarbaboon must navigate the family and social dynamics of everyday life. Ranging from the hilarious (defeating closet monsters with a "stun" blaster that offers surprising facts about bears, Mars, and cats) to the sweet (the gray scale-to color transition out of depression at the touch of a loved one), this collection explores the bonds within a family and all the characters who bring both order and chaos to life. Lunarbaboon's perfect meld of crabby humor and moments of impactful honesty give these comics a wide range and distinctive voice that's both comical and sincere.

This book recounts the biology of *M. bovis*, followed by the status of bovine Tuberculosis (bTB) in African countries, primarily based on zoonotic and epidemiological field reports. Since the accumulation of data is valueless unless it led to practicable control measures, emphasis is put on locally adapted protocols for future control of the disease. In order to systematically evaluate the knowledge base of bTB, Epidemiologic Problem Oriented Approach (EPOA) methodology was used. The methodology is composed of two triads: i) the problem identification/characterization triad, which is mainly descriptive in nature, and ii) the problem management/solution/mitigation triad, which is

mainly geared toward problem management/solution (see figure). The first triad comprises three pillars: i) agent ii) host, and iii) environment and the second one: i) therapeutics/treatment, ii) prevention/control, and iii) health maintenance/promotion. The two triads are linked together by the diagnostic procedure linkage. The systematic and detailed studies of the 'Host-Agent-Environment' interactions are the building blocks to the understanding of agent transmission pathways and disease spread. These may include data about the disease status of the country, the nature of the disease agent and its hosts, the modes of transmission, the wildlife reservoirs in nature, persistence of infection, and agent survival in animal products and the environment. The problem identification and characterization triad identifies these interactions. Once a problem has been identified and well understood, the next step is to minimize the risk of transmission and spread of a disease. This area, referred to as problem solution/management triad, consists of problem management alternatives that rely upon prevention/control, and health maintenance/promotion of the disease in livestock, wildlife, and humans with the emphasis on resource-poor, developing countries in Africa.

Most parents worry about their child's eating at some point. Common concerns include picky eating in toddlerhood, sweet cravings and vegetable avoidance in the early school years and dieting and worries about weight in the tween and teenage years. The Gentle Eating Book will help parents to understand their child's eating habits at each age. Starting from birth, the book covers how to start your child off with the most positive approach to eating, whether they are breast or bottle-fed. Parents of older babies will find information about introducing solids, feeding at daycare and when to wean off of breast or formula milk. For parents with toddlers and older children, Sarah includes advice on picky eating and food refusal, overeating, snacking and navigating eating at school, while parents of tweens and teens will find information on dieting, peer pressure, promoting a positive body image and preparing children for future eating independence. At each age The Gentle Eating Book will help parents to feed their child in a manner that will set up positive eating habits for life.

The Delhi Sultanate ruled northern India for over three centuries. The era, marked by the desecration of temples and construction of mosques from temple-rubble, is for many South Asians a lightning rod for debates on communalism, religious identity and inter-faith conflict. Using Persian and Arabic manuscripts, epigraphs and inscriptions, Fouzia Farooq Ahmad demystifies key aspects of governance and religion in this complex and controversial period. Why were small sets of foreign invaders and administrators able to dominate despite the cultural, linguistic and religious divides separating them from the ruled? And to what extent did people comply with the authority of sultans they knew very little about? By focusing for the first time on the relationship between the sultans, the bureaucracy and the ruled Muslim Rule in Medieval India outlines the practical dynamics of medieval Muslim political culture and its reception. This approach shows categorically that sultans did not possess meaningful political authority among the masses, and that their symbols of legitimacy were merely post hoc socio-cultural embellishments. Ahmad's thoroughly researched revisionist account is essential reading for all students and researchers working on the history of South Asia from the medieval period to the present day.

'My go-to for fun ideas and activities with Marley and Indie. I'd be lost without it.' JOE WICKS Mum-of-two and founder of the playHOORAY community Claire Russell has helped thousands of families during lockdown discover the joy of play. Her first book The playHOORAY! Handbook is a lifesaver for busy parents juggling work and childcare looking for fun ideas for activities, crafts & games to entertain little kids. With 100 activities using items from around the house, you'll find everything you need to entertain babies, toddlers and younger school-age children. From £1 play, sibling play to no-guilt screentime, this is the perfect book for all the family. And best of all, you'll be learning valuable skills whilst having fun!

Chosen by the Independent as one of the 10 best business books written by women 'Vicki is one inspirational mumboss, who shares her secrets to juggling a thriving business with raising a family in this entertaining and empowering read!' Una Healy 'Ideal for going back to work without losing your mind . . . a no-nonsense guide to navigating the transition' Marie Claire 'If ever there is a person who has shown just how successful you can be online whilst also being an amazing parent it is Vicki. Read, learn and follow. A brilliant book from an inspirational mother'. Natasha Courtenay-Smith, author of The Million Dollar Blog In Mumboss, Vicki Psarias, founder of HonestMum.com, shares her #mumboss manifesto for surviving and thriving at work and at home. Vicki writes about everything from juggling work and family, to regaining your confidence after having a baby and battling imposter syndrome. An award-winning blogger and vlogger, in this book Vicki shares how to turn your passions into a business that suits the modern mum's lifestyle. Mumboss is full of practical advice, tips and tricks to help fellow #mumbosses build their own business or return to work, while creating a personal brand and learning how to market yourself. Vicki's funny, fresh approach to life and work as a mum has brought her a loyal fanbase and a brilliantly successful business: her blog Honest Mum is one of the UK's most popular parenting and lifestyle sites, and the blog combined with Vicki's social channels has an average monthly reach of 3 million. A Lean In for the blogging and vlogging generation, Mumboss is an essential book for all parents, whether they are returning to work or looking to start a new career, as well as anyone looking to build their brand or business online. 'A must-read for the modern Mum; particularly one who has aspirations to build her own business. I wish I had been able to read it three years ago!' Katie Massie-Taylor, Co-Founder, Mush

Phoridae are probably the insect family with the greatest diversity of larval habits, but the least studied of the large families of flies due to identification difficulties. This book collates what is known about the natural history of the Phoridae world. It reviews eggs and oviposition, larval habits (including saprophages, kleptoparasites, fungus breeders, plant feeders, predator, parasitoids, parasites and enemies), pupae and their enemies, development, adult habits (including feeding, special associations, courtship, mating, phoretic mites and enemies) and ecological aspects. There follows a new user-friendly and extensively illustrated key to world genera and a review of the identification literature for each of the 229 genera recognized. A review of methods and an extensive bibliography complete the work.

Baby Whispering covers everything you need to know about caring for a baby from birth to one year old. New Zealand's own TV baby whisperer Sharlene Poole shares her secrets and top tips to feeding, settling, winding and creating an environment in which your baby will thrive. This is the practical handbook that every mother needs when preparing for a new baby. Broken down into easy-to-follow timeframes from preparing for arrival and birth right through to 12 months, you'll quickly find answers to everything you need to know. Find out all about: your baby's basic needs and development common problems and solutions techniques for breast feeding AND bottle feeding (expressed milk and formula) crying and settling, plus dealing with colic Sharlene's technique to bring up wind sleeping patterns and suggested routines developmental play For years, Sharlene has been helping new parents. Now Baby Whispering will give you the same skills, confidence and information which you can personalise to suit you and your baby. Also available as an eBook

This is the revised, updated and enlarged second edition of the first detailed descriptive grammar in English dedicated to the Western Old Japanese. The grammar is divided into two volumes, with the first volume dealing with sources, script, phonology, lexicon, nominals and adjectives. The second volume focuses on verbs, adverbs, particles, conjunctions and interjections.

The destruction of the tropical forests proceeds Nobody at the symposium believed that the rapidly. We all know that this has global ecological consequences. The problem The population explosion takes care of that

argu is of such magnitude that it can only be com ment. The two main problem areas before us are pared to warfare. The destruction of tropical first the wise utilization of that portion of the forests is not only detrimental to the global forest which will be used - especially the intro ecology but also poses a serious threat to the duction of planned forestry in such areas, and people living in this area. Furthermore the over second, the development of a good plan for utilization of such a valuable resource poses a nature conservation in the tropics. serious threat to the next generations. The papers presented at the symposium will Apart from the problem generated for the most certainly not solve all the problems but we people in those regions and on earth in general hope they contribute to the very much needed, there is a moral obligation to preserve the vast continued discussion of possible solutions which biological diversity in the tropical forests. We must be implemented in the near future.

Anansesem: Telling Stories and Storytelling African Maternal Pedagogies is a composite story on African Canadian mothers' experiences of teaching and learning while mothering. It seeks to celebrate the African mother's everyday experiences and honor her embodied and cultural knowledge as important sites of meaning making and discovery for the African child. Through the Afro-indigenous art of Anansi storytelling, memoir, creative non-fiction and illustrations, the author takes you on an evocative narrative journey that focuses on how African descended women draw upon and are central to African childrens' cultural, social and identity development. In entering these stories, readers access their joys, sadness, strengths and weaknesses as they mother in the midst of marginalization. The book is a testament to the power of counter-storytelling for inspiring internal and external transformation.

'Tender, funny, sometimes heartbreaking snapshots of motherhood.' - Shappi Khorsandi Fantastically funny, wise and charming motherhood sketches from award-winning illustrator Polly Dunbar. 'Go away, I'm busy writing about the beauty of motherhood.' Polly Dunbar is an award-winning illustrator who usually draws for children rather than adults, but when she had her own sons, she started recording the beautiful and maddening moments of parenthood with a doodle. Hello, Mum is her visual diary of the magical highs and absurd lows that many parents will recognise - from the shock and awe of the baby days to the delight (and terror) of the toddler years and the mayhem of sibling rivalry. Dunbar's fantastically funny, wise and enchanting drawings capture this precious and fleeting time with heart-touching perfection.

To thoroughly understand what makes Linux tick and why it's so efficient, you need to delve deep into the heart of the operating system--into the Linux kernel itself. The kernel is Linux--in the case of the Linux operating system, it's the only bit of software to which the term "Linux" applies. The kernel handles all the requests or completed I/O operations and determines which programs will share its processing time, and in what order. Responsible for the sophisticated memory management of the whole system, the Linux kernel is the force behind the legendary Linux efficiency. The new edition of Understanding the Linux Kernel takes you on a guided tour through the most significant data structures, many algorithms, and programming tricks used in the kernel. Probing beyond the superficial features, the authors offer valuable insights to people who want to know how things really work inside their machine. Relevant segments of code are dissected and discussed line by line. The book covers more than just the functioning of the code, it explains the theoretical underpinnings for why Linux does things the way it does. The new edition of the book has been updated to cover version 2.4 of the kernel, which is quite different from version 2.2: the virtual memory system is entirely new, support for multiprocessor systems is improved, and whole new classes of hardware devices have been added. The authors explore each new feature in detail. Other topics in the book include: Memory management including file buffering, process swapping, and Direct memory Access (DMA) The Virtual Filesystem and the Second Extended Filesystem Process creation and scheduling Signals, interrupts, and the essential interfaces to device drivers Timing Synchronization in the kernel Interprocess

Communication (IPC) Program execution Understanding the Linux Kernel, Second Edition will acquaint you with all the inner workings of Linux, but is more than just an academic exercise. You'll learn what conditions bring out Linux's best performance, and you'll see how it meets the challenge of providing good system response during process scheduling, file access, and memory management in a wide variety of environments. If knowledge is power, then this book will help you make the most of your Linux system.

Praise for *Microaggressions in Everyday Life* "In a very constructive way, Dr. Sue provides time-tested psychological suggestions to make our society free of microaggressions. It is a brilliant resource and ideal teaching tool for all those who wish to alter the forces that promote pain for people." —Melba J. T. Vasquez, PhD, ABPP President, American Psychological Association "Microaggressions in Everyday Life offers an insightful, scholarly, and thought-provoking analysis of the existence of subtle, often unintentional biases, and their profound impact on members of traditionally disadvantaged groups. The concept of microaggressions is one of the most important developments in the study of intergroup relations over the past decade, and this volume is the definitive source on the topic." —John F. Dovidio, PhD Professor of Psychology, Yale University "Derald Wing Sue has written a must-read book for anyone who deals with diversity at any level.

Microaggressions in Everyday Life will bring great rewards in understanding and awareness along with practical guides to put them to good use." —James M. Jones, PhD Professor of Psychology and Director of Black American Studies, University of Delaware "This is a major contribution to the multicultural discourse and to understanding the myriad ways that discrimination can be represented and its insidious effects. Accessible and well documented, it is a pleasure to read." —Beverly Greene, PhD, ABPP Diplomate in Clinical Psychology and Professor of Psychology, St. John's University A transformative look at covert bias, prejudice, and discrimination with hopeful solutions for their eventual dissolution Written by bestselling author Derald Wing Sue, *Microaggressions in Everyday Life: Race, Gender, and Sexual Orientation* is a first-of-its-kind guide on the subject of microaggressions. This book insightfully looks at the various kinds of microaggressions and their psychological effects on both perpetrators and their targets. Thought provoking and timely, Dr. Sue suggests realistic and optimistic guidance for combating—and ending—microaggressions in our society.

Japan's capital city of Kyoto was devastated by earthquake, storm, and fire in the late 12th century. Retreating from "this unkind world," the poet and Buddhist priest Kamo-no-Chomei left the capital for the forested mountains, where he eventually constructed his famous "ten-foot-square" hut. From this solitary vantage point Chomei produced *Hojoki*, an extraordinary literary work that describes all he has seen of human misery and his new life of simple chores, walks, and acts of kindness. Yet at the end he questions his own sanity and the integrity of his purpose. Has he perhaps grown too attached to his detachment?

Josephson's intriguing study of how technology both helped and hindered this effort asks new and important questions about the crucial issues inextricably linked with the development and diffusion of technology in any sociopolitical system.

'As entertaining as it is instructive . . . Surprisingly funny and touching.' - Evening Standard A Sunday Times bestseller, *Where's My Happy Ending?* asks the questions you've always wondered: What is 'happily ever after'? How do you make love last? Is there such a thing as 'the one'? Maybe you've just had a first date with 'the one', maybe you've been married for ten years.

Either way, it's hard to know if they're really meant to be by your side until you both wear dentures. In this book Anna Whitehouse and Matt Farquharson, co-founders of the Mother Pukka website and authors of the Sunday Times bestseller *Parenting the Sh*t Out of Life*, set out to discover what it takes to make it to forever, by asking our greatest questions about love. They ask a former

sex-worker and her ex-gigolo husband, celibate monks and free-loving hippies. They ask people who never wanted kids and people who have loads of them. They speak to couples, throuples and singles; gay, straight and anywhere in-between. And in asking these questions, they are forced to confront their own relationship after a decade of marriage. Join Anna and Matt on a searingly honest, belly-laugh inducing journey through love and relationships, social media and small children, expert advice and everyday exasperation, as they navigate the muddy waters of modern romance.

This book is not a how-to-guide. It won't tell you how to get your baby to sleep, how to deal with toddler tantrums, how to be a good parent, a cool parent or even a renegade parent. It is a book about parenting that contains absolutely no useful advice whatsoever. Instead it shares beautifully honest anecdotes and illustrations from the parenting frontline that demonstrate it is perfectly possible to love your children with the whole of your heart whilst finding them incredibly irritating at the same time. From pregnancy to starting school, Hurrah For Gin takes you through the exciting, frustrating, infuriating and wonderful whirlwind of parenthood, offering solidarity and a friendly hug after a tough day. Best served with gin.

In this volume, Aurélien Mokoko Gampiot, a sociologist and son of a Kimbanguist pastor, provides a fresh and insightful perspective on African Kimbanguism and its traditions. The largest of the African-initiated churches, Kimbanguism claims seventeen million followers worldwide. Like other such churches, it originated out of black African resistance to colonization in the early twentieth century and advocates reconstructing blackness by appropriating the parameters of Christian identity. Mokoko Gampiot provides a contextual history of the religion's origins and development, compares Kimbanguism with other African-initiated churches and with earlier movements of political and spiritual liberation, and explores the implicit and explicit racial dynamics of Christian identity that inform church leaders and lay practitioners. He explains how Kimbanguists understand their own blackness as both a curse and a mission and how that underlying belief continuously spurs them to reinterpret the Bible through their own prisms. Drawing from an unprecedented investigation into Kimbanguism's massive body of oral traditions—recorded sermons, participant observations of church services and healing sessions, and translations of hymns—and informed throughout by Mokoko Gampiot's intimate knowledge of the customs and language of Kimbanguism, this is an unparalleled theological and sociological analysis of a unique African Christian movement.

This book describes the Koguryo language, which was once spoken in Manchuria and Korea, including Koguryo and Japanese ethnolinguistic history, Koguryo's genetic relationship to Japanese, Koguryo phonology, and the Koguryo lexicon. It also analyzes the phonology of archaic Northeastern Chinese.

'This is a fab book. Really recommend it!' Mrs Hinch Read this book for an instant pick-me-up. Whether this is your first or fifth baby, *The Little Book of Self-Care for New Mums* is your handy survival guide to managing the emotional and physical rollercoaster of becoming a new mum. Bringing together decades of experience from a midwife and a doula, you'll find invaluable tips and tricks to boost confidence and calm frazzled nerves - plus answers to all those questions you may be too embarrassed to ask. From creating cooling breast pads with chamomile tea and quick stretches to relieve aching muscles, through to easy recipes

to nourish your postnatal body and 5-minute fixes to restore your sense of humour, this is the book you can turn to when the overwhelm sets in. Beautifully illustrated in full-colour, it covers everything you need to know about the postnatal period to feel supported, empowered and understood.

35 reproducible exercises in each guide reinforce basic reading and comprehension skills as they teach higher order critical thinking skills and literary appreciation. Teaching suggestions, background notes, act-by-act summaries, and answer keys included.

R. H. Mathews (1841-1918) was an Australian-born surveyor and self-taught anthropologist. From 1893 until his death in 1918, he made it his mission to record all 'new and interesting facts' about Aboriginal Australia. Despite falling foul with some of the most powerful figures in British and Australian anthropology, Mathews published some 2200 pages of anthropological reportage in English, French and German. His legacy is an outstanding record of Aboriginal culture in the Federation period. This first edited collection of Mathews' writings represents the many facets of his research, ranging from kinship study to documentation of myth. It include eleven articles translated from French or German that until now have been unavailable in English. Introduced and edited by Martin Thomas, who compellingly analyses the anthropologist, his milieu, and the intrigues that were so costly to his reputation, *CULTURE IN TRANSLATION* is essential reading on the history of cross-cultural research.

In its comprehensive analysis of a wide range of primary and secondary sources in both Chinese and Western languages, this authoritative work stands as the definitive study of the theory, implementation and legacy of the Chinese Communist Party's thought-remolding campaign. This decades-long campaign involved the extraction of confessions from millions of Chinese citizens suspected of heterodoxy or disobedience to party dictates, along with their subjection to various forms of "re-education" and indoctrination. Hu Ping's carefully structured overview provides a valuable insider's perspective, and supersedes the previous landmark study on this vastly interesting topic.

'Anna's sketches never fail to put a smile on my face and make my heart a little warmer.' GIOVANNA FLETCHER This gorgeous little book charts the various bewildering stages of becoming a mother, from those tell-tale blue lines in the pregnancy test, to labour, birth, coming home and venturing out. Breastfeeding nightmares, eating dinner with one hand, soft play hell and chronic sleep deprivation - but also the sheer beauty of falling in love again and the amazing discovery of what it's like to have a family - these are all captured in Sketchy Muma's glorious drawings. This is the perfect gift book for both young and experienced parents. Anna Lewis understands the light and shade that comes with motherhood, and it is those universal truths that will connect all those parents who delight in her sketches.

'Emma has a unique way of cutting through to the heart of the issues we all face day-in-day-out. There isn't another book out there like this and it should be a mandatory read for anyone with a brain.' - Anna Whitehouse, founder of Mother Pukka In this warm, wise book, clinical psychologist Dr Emma Hepburn (Instagram's @thepsychologymum) introduces

her proven and practical tools for taking care of your mental and emotional wellbeing every day. Using her trademark illustrations, Dr Hepburn (aka @thepsychologymum) shines a welcome ray of light into the neglected corners of your brain. From identifying what triggers unhappy thoughts to overcoming the fear of making mistakes, A Toolkit for Modern Life will help you to cultivate positive habits and feel more confident, happier and in tune with yourself. * Call out and manage feelings of imposter syndrome * Answer back to your inner critic * Become aware of and monitor your emotional capacity * Spot unhelpful thoughts and develop more helpful patterns of thinking * Understand how the emotions cycle affects you * Identify what triggers anxiety for you and how to intercept it * Overcome the fear of making mistakes * Spot and call out your 'catastrophizing' * Identify and disarm social media comparisons * Align your decisions and actions with your core values * Assemble your own mental health toolkit for life

Facing Mount Kenya, first published in 1938, is a monograph on the life and customs of the Gikuyu people of central Kenya prior to their contact with Europeans. It is unique in anthropological literature for it gives an account of the social institutions and religious rites of an African people, permeated by the emotions that give to customs and observances their meaning. It is characterised by both insight and a tinge of romanticism. The author, proud of his African blood and ways of thought, takes the reader through a thorough and clear picture of Gikuyu life and customs, painting an almost utopian picture of their social norms and the sophisticated codes by which all aspects of the society were governed. This book is one of a kind, capturing and documenting traditions fast disappearing. It is therefore a must-read for all who want to learn about African culture.

"The 1,165 entries of Handbooks and Anthologies for Officials in Imperial China by Pierre-Étienne Will and collaborators provide a descriptive list of extant manuscript and printed works-mainly from the Song, Ming, and Qing dynasties-created with the aim to instruct officials and other administrators of imperial China about the technical and ethical aspects of government, and to provide tools and guides to help with the relevant procedures. Both generalist and specialized texts are considered. Among the latter, such disciplines as the administration of justice, famine relief, and the military receive particular attention. Each entry includes the publishing history of the work considered (including modern editions), an analysis of contents, and a biographical sketch of the author."--

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