

Live Gratitude An Interactive Journal For Inspiration Conversation Amp Connection

[#gratitude journal](#) [#interactive journal](#) [#inspiration prompts](#) [#conversation starters](#) [#connection guide](#)

Discover 'Live Gratitude,' an interactive journal meticulously designed to spark inspiration, foster engaging conversations, and deepen your connections. This unique gratitude journal provides thoughtful prompts and exercises, guiding you towards a more fulfilling and connected life through daily reflection and shared experiences.

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Live Gratitude

Live Gratitude is an inspirational journal designed with fun ideas and activities for both personal reflection and discussions pertaining to gratitude. It can be used individually or in a group.

The Seven Habits of Highly Effective People

A revolutionary guidebook to achieving peace of mind by seeking the roots of human behavior in character and by learning principles rather than just practices. Covey's method is a pathway to wisdom and power.

The Daily Gratitude Journal for Men

Find gratitude with this motivational journal for men. Learn how incorporating gratitude into your life can make you the best version of yourself. This gratitude journal for men is a straightforward, thought-provoking collection of prompts designed to help men explore the core components of gratitude--awareness, intention, and action--through short, simple, and insightful prompts. The Daily Gratitude Journal for Men includes: 90 Days of gratitude--Discover the things you are thankful for with two creative writing or art exercises each day, one for the morning and one for the evening. Poignant quotes--Reflect on the inspiring words and wisdom of men like Eckhart Tolle, Michael Singer, Werner Erhard, and more. Bonus guidance--Go further with other practices that will help you on your gratitude journey, including breathwork and mindfulness. Boost happiness, positivity, and personal growth with this gratitude journal for men.

Understanding Media

When first published, Marshall McLuhan's Understanding Media made history with its radical view of the effects of electronic communications upon man and life in the twentieth century.

Digital Entrepreneurship

This open access book explores the global challenges and experiences related to digital entrepreneurial activities, using carefully selected examples from leading companies and economies that shape world business today and tomorrow. Digital entrepreneurship and the companies steering it have an enormous global impact; they promise to transform the business world and change the way we communicate with each other. These companies use digitalization and artificial intelligence to enhance the quality of decisions and augment their business and customer operations. This book demonstrates how cloud services are continuing to evolve; how cryptocurrencies are traded in the banking industry;

how platforms are created to commercialize business, and how, taken together, these developments provide new opportunities in the digitalized era. Further, it discusses a wide range of digital factors changing the way businesses operate, including artificial intelligence, chatbots, voice search, augmented and virtual reality, as well as cyber threats and data privacy management. "Digitalization mirrors the Industrial Revolution's impact. This book provides a complement of perspectives on the opportunities emanating from such a deep seated change in our economy. It is a comprehensive collection of thought leadership mapped into a very useful framework. Scholars, digital entrepreneurs and practitioners will benefit from this timely work." Gina O'Connor, Professor of Innovation Management at Babson College, USA "This book defines and delineates the requirements for companies to enable their businesses to succeed in a post-COVID19 world. This book deftly examines how to accomplish and achieve digital entrepreneurship by leveraging cloud computing, AI, IoT and other critical technologies. This is truly a unique "must-read" book because it goes beyond theory and provides practical examples." Charlie Isaacs, CTO of Customer Connection at Salesforce.com, USA "This book provides digital entrepreneurs useful guidance identifying, validating and building their venture. The international authors developed new perspectives on digital entrepreneurship that can support to create impact ventures." Felix Staeritz, CEO FoundersLane, Member of the World Economic Forum Digital Leaders Board and bestselling author of FightBack, Germany

The Adult Learner

How do you tailor education to the learning needs of adults? Do they learn differently from children? How does their life experience inform their learning processes? These were the questions at the heart of Malcolm Knowles' pioneering theory of andragogy which transformed education theory in the 1970s. The resulting principles of a self-directed, experiential, problem-centred approach to learning have been hugely influential and are still the basis of the learning practices we use today. Understanding these principles is the cornerstone of increasing motivation and enabling adult learners to achieve. The 9th edition of The Adult Learner has been revised to include: Updates to the book to reflect the very latest advancements in the field. The addition of two new chapters on diversity and inclusion in adult learning, and andragogy and the online adult learner. An updated supporting website. This website for the 9th edition of The Adult Learner will provide basic instructor aids. For each chapter, there will be a PowerPoint presentation, learning exercises, and added study questions. Revisions throughout to make it more readable and relevant to your practices. If you are a researcher, practitioner, or student in education, an adult learning practitioner, training manager, or involved in human resource development, this is the definitive book in adult learning you should not be without.

Experiential Marketing

The most researched, documented, and comprehensive manifesto on experiential marketing. As customers take control over what, when, why, and how they buy products and services, brands face the complete breakdown and utter failure of passive marketing strategies designed more than a half-century ago. To connect with a new generation of customers, companies must embrace and deploy a new marketing mix, powered by a more effective discipline: experiences. Experiential marketing, the use of live, face-to-face engagements to connect with audiences, create relationships and drive brand affinity, has become the fastest-growing form of marketing in the world as the very companies that built their brands on the old Madison Avenue approach—including Coca-Cola, Nike, Microsoft, American Express and others—open the next chapter of marketing. . . as experiential brands. Using hundreds of case studies, exclusive research, and interviews with more than 150 global brands spanning a decade, global experiential marketing experts Kerry Smith and Dan Hanover present the most in-depth book ever written on how companies are using experiences as the anchor of reinvented marketing mixes. You'll learn: The history and fundamental principles of experiential marketing How top brands have reset marketing mixes as experience-driven portfolios The anatomy of a brand experience The psychology of engagement and experience design The 10 habits of highly experiential brands How to measure the impact of experiential marketing How to combine digital and social media in an experiential strategy The experiential marketing vocabulary How to begin converting to experiential marketing Marketers still torn between outdated marketing models and the need to reinvent how they market in today's customer-controlled economy will find the clarity they need to refine their marketing strategies, get a roadmap for putting their brands on a winning path, and walk away inspired to transition into experiential brands.

Hey Girl! Empowering Journal for Girls

An Empowering, Imaginative, Inspiring self-exploratory Activity Journal for girls to Cultivate Mindfulness, Positive Affirmations, Gratitude and Help Your Girl Grow Strong, Wise and Confident.

Live in Light

Light the path to growing up with 5-minute devotionals. Crushes, girl squad drama, school stress--not to mention figuring out who you are and what you want to be when you grow up--a lot happens in your teens that can make you feel left in the dark. Find the light--open this book and let the Scripture be your guide. Live In Light is every girl's guide to tackling their teenage years with the wisdom and comfort of the Bible. From navigating the pressure to be "perfect" on social media to dating and dealing with frenemies, these 5-minute devotionals help you to become the woman that both you and God want you to be. Inside these teen devotionals for girls, you'll find: 5-minute devotionals--Bring the Bible into your day at any moment with quick and practical readings. Relatable Scripture--Unpack lessons from the Bible with anecdotes you can apply to your daily life. A spiritual toolkit--Relate God's words to challenges and topics like social media, body image, self-worth and more. In a world filled with change, this book offers unwavering guidance to live under the bright light of faith.

Living as Form

'Living as Form' grew out of a major exhibition at Creative Time in New York City. Like the exhibition, the book is a landmark survey of more than 100 projects selected by a 30-person curatorial advisory team; each project is documented by a selection of colour images.

Outdoor School

Outdoor School features recent works of contemporary environmental art and writing by more than twenty-five Canadian and Indigenous artists who propose radical new ways of thinking about and being outdoors together.

An Introduction to Existential Coaching

In An Introduction to Existential Coaching Yannick Jacob provides an accessible and practical overview of existential thought and its value for coaches and clients. Jacob begins with an introduction to coaching as a powerful tool for change, growth, understanding and transformation before exploring existential philosophy and how it may be integrated into coaching practice. The book goes on to examine key themes in existentialism and how they show up in the coaching space, including practical models as well as their application to organisations and leadership. Jacob concludes by evaluating ethical dimensions of working existentially and offers guidance on how to establish an existential coaching practice, including how to gain clients and build relationships with strategic partners. With reflective questions, exercises, interventions and activities throughout, An Introduction to Existential Coaching will be invaluable for anyone wanting to live and work at greater depth or to succeed as an existential coach. Accessibly written and with a wide selection of references and resources, An Introduction to Existential Coaching is a vital guide for coaches in training as well as an inspiring addition to the repertoire of experienced practitioners. It serves academics and students to understand existential philosophy and allows professionals with coaching responsibilities to access more meaningful conversations.

Engage!

The ultimate guide to branding and building your business in the era of the Social Web—revised and updated with a Foreword by Ashton Kutcher Engage! thoroughly examines the social media landscape and how to effectively use social media to succeed in business—one network and one tool at a time. It leads you through the detailed and specific steps required for conceptualizing, implementing, managing, and measuring a social media program. The result is the ability to increase visibility, build communities of loyal brand enthusiasts, and increase profits. Covering everything you need to know about social media marketing and the rise of the new social consumer, Engage! shows you how to create effective strategies based on proven examples and earn buy-in from your marketing teams. Even better, you'll learn how to measure success and ROI. Introduces you to the psychology, behavior, and influence of the new social consumer Shows how to define and measure the success of your social media campaigns for the short and long term Features an inspiring Foreword by actor Ashton Kutcher, who has more than 5 million followers on Twitter Revised paperback edition brings the book completely up to date to stay ahead of the lightning fast world of social media Today, no business can afford to

ignore the social media revolution. If you're not using social media to reach out to your customers and the people who influence them, who is?

Gear Acquisition Syndrome

Gear Acquisition Syndrome, also known as GAS, is commonly understood as the musicians unrelenting urge to buy and own instruments and equipment as an anticipated catalyst of creative energy and bringer of happiness. For many musicians, it involves the unavoidable compulsion to spend money one does not have on gear perhaps not even needed. The urge is directed by the belief that acquiring another instrument will make one a better player. This book pioneers research into the complex phenomenon named GAS from a variety of disciplines, including popular music studies and music technology, cultural and leisure studies, consumption research, sociology, psychology and psychiatry. The newly created theoretical framework and empirical studies of online communities and offline music stores allow the study to consider musical, social and personal motives, which influence the way musicians think about and deal with equipment. As is shown, GAS encompasses a variety of practices and psychological processes. In an often life-long endeavour, upgrading the rig is accompanied by musical learning processes in popular music.

Getting Past Your Breakup

A proven plan for overcoming the painful end of any romantic relationship, including divorce, with practical strategies for healing, getting your confidence back, and finding true love It's over--and it really hurts. But as unbelievable as it may seem when you are in the throes of heartache, you can move past your breakup. Forget about trying to win your ex back. Forget about losing yourself and trying to make this person love you. Starting today, this breakup is the best time to change your life for the better, inside and out. Through her workshops and popular blog, Susan Elliott has helped thousands of people transform their love lives. Now in *Getting Past Your Breakup*, she'll help you put your energy back where it belongs--on you. Her plan includes: The rules of disengagement: how and why to go "no contact" with your ex How to work through grief, move past fear, and take back your life The secret to breaking the pattern of failed relationships What to do when you can't stop thinking about your ex, texting, calling, checking social networking sites, or driving by the house

Managing the Risks of Extreme Events and Disasters to Advance Climate Change Adaptation

This Intergovernmental Panel on Climate Change Special Report (IPCC-SREX) explores the challenge of understanding and managing the risks of climate extremes to advance climate change adaptation. Extreme weather and climate events, interacting with exposed and vulnerable human and natural systems, can lead to disasters. Changes in the frequency and severity of the physical events affect disaster risk, but so do the spatially diverse and temporally dynamic patterns of exposure and vulnerability. Some types of extreme weather and climate events have increased in frequency or magnitude, but populations and assets at risk have also increased, with consequences for disaster risk. Opportunities for managing risks of weather- and climate-related disasters exist or can be developed at any scale, local to international. Prepared following strict IPCC procedures, SREX is an invaluable assessment for anyone interested in climate extremes, environmental disasters and adaptation to climate change, including policymakers, the private sector and academic researchers.

The Second Self

In *The Second Self*, Sherry Turkle looks at the computer not as a "tool," but as part of our social and psychological lives; she looks beyond how we use computer games and spreadsheets to explore how the computer affects our awareness of ourselves, of one another, and of our relationship with the world. "Technology," she writes, "catalyzes changes not only in what we do but in how we think." First published in 1984, *The Second Self* is still essential reading as a primer in the psychology of computation. This twentieth anniversary edition allows us to reconsider two decades of computer culture-to (re)experience what was and is most novel in our new media culture and to view our own contemporary relationship with technology with fresh eyes. Turkle frames this classic work with a new introduction, a new epilogue, and extensive notes added to the original text. Turkle talks to children, college students, engineers, AI scientists, hackers, and personal computer owners-people confronting machines that seem to think and at the same time suggest a new way for us to think-about human thought, emotion, memory, and understanding. Her interviews reveal that we experience computers as being on the border between inanimate and animate, as both an extension of the self and part of the external world. Their special

place betwixt and between traditional categories is part of what makes them compelling and evocative. In the introduction to this edition, Turkle quotes a PDA user as saying, "When my Palm crashed, it was like a death. I thought I had lost my mind." Why we think of the workings of a machine in psychological terms-how this happens, and what it means for all of us-is the ever more timely subject of *The Second Self*. Book jacket.

How to Fall in Love with Anyone

In 2014, 33-year-old Mandy Len Catron went on a date with an acquaintance. They decided to try an experiment: inspired by a study designed to create romantic feelings, Mandy and Mark spent the evening asking each other 36 increasingly intimate questions, wondering if it would lead to them falling in love. In *How to Fall in Love with Anyone*, this experiment is Catron's starting point for investigating what it means to love someone and to be loved, and how we present our love to the world. What makes love last? Can love ever work the way it seems to in films, books and social media? Is there a "right" way to fall in love? In these candid, charming and wise essays, Catron blends memoir with cultural and social commentary on the psychology, biology, history and literature of love. *How to Fall in Love with Anyone* is a deeply personal, yet universal investigation into the one thing we all want—or think we want—more than anything. Includes "To Fall in Love with Anyone, Do This", one of the most popular essays to appear in the New York Times' "Modern Love" column "In our age of total romantic confusion, Mandy Len Catron is a voice of good sense, warm humor, and consoling wisdom. Through the lens of her own relationships, she teaches us—with a deft, convincing intelligence—some of the vital moves in the art of love." —Alain de Botton, internationally bestselling author of *How Proust Can Change Your Life* and *The Course of Love* MANDY LEN CATRON lives in Vancouver, British Columbia. Her writing has appeared in the New York Times and the Washington Post. She writes about love and love stories at The Love Story Project, and teaches English and creative writing at the University of British Columbia.

Wings Like Eagles Classic Lux-Leather Journal

Keeping a journal, such as the *Soar On Wings Of Eagles LuxLeather Journal*, along your faith journey allows you to write your thoughts to the Lord, ask questions, record prayers, and jot down new teachings from Bible study. Each morning, write down a prayer for the day and end the day with a reflection in this Christian journal.

The Sounds of Early Cinema

The Sounds of Early Cinema is devoted exclusively to a little-known, yet absolutely crucial phenomenon: the ubiquitous presence of sound in early cinema. "Silent cinema" may rarely have been silent, but the sheer diversity of sound(s) and sound/image relations characterizing the first 20 years of moving picture exhibition can still astonish us. Whether instrumental, vocal, or mechanical, sound ranged from the improvised to the pre-arranged (as in scripts, scores, and cue sheets). The practice of mixing sounds with images differed widely, depending on the venue (the nickelodeon in Chicago versus the summer Chautauqua in rural Iowa, the music hall in London or Paris versus the newest palace cinema in New York City) as well as on the historical moment (a single venue might change radically, and many times, from 1906 to 1910). Contributors include Richard Abel, Rick Altman, Edouard Arnould, Mats Björkin, Stephen Bottomore, Marta Braun, Jean Châteauneuf, Ian Christie, Richard Crangle, Helen Day-Mayer, John Fullerton, Jane Gaines, André Gaudreault, Tom Gunning, François Jost, Charlie Keil, Jeff Klenotic, Germain Lacasse, Neil Lerner, Patrick Loughney, David Mayer, Domini Nasta, Bernard Perron, Jacques Polet, Lauren Rabinovitz, Isabelle Raynauld, Herbert Reynolds, Gregory A. Waller, and Rashit M. Yangirov.

Growth Mindset Journal for Boys

Help boys 8 to 12 discover all the amazing things they can do A growth mindset is the belief that you can always grow and improve through practice and a positive outlook. This colorful boys' journal gives young boys the tools to develop a growth mindset for themselves! Through short writing prompts and simple activities, they'll learn how they can become stronger, braver, and happier just by changing the way they think. This boys' journal helps them: Reflect positively--Boys will dive into questions and quizzes that show them how to identify strengths, move past mistakes, and appreciate all their incredible qualities. Dream and succeed--This boys' journal gives them the confidence to try new things and tackle any adventure with excitement. Set goals--Boys will learn how to conquer challenges and take healthy

risks by setting manageable goals and creating effective plans. Guide boys to a growth mindset with a journal that helps them become more flexible and resilient.

Getting to Yes

This is the second, greatly expanded edition of one of the world's most successful books on negotiation. 'Getting to Yes' offers powerful principles to guide readers to success in the art of negotiation.

Educational Research

Students often fear the educational research course. Don't worry. This book is famous for its lack of jargon, for its clear and concrete explanations, and its light (often funny) tone. As you read the book, you will build skills that you need to read educational research and produce your own. The book will help guide you through each step in creating your own research report. You can compare your work with the example published research articles in every methods chapter. In addition, the new Digital Research Tools for the 21st Century feature introduces novel tools and methods you can use to make the process of doing research easier or more efficient like using speech recognition programs to save time transcribing interviews (Chapter 15), using flip cameras and Skype to collect qualitative data (Chapter 14), and using management programs to organize citations (Chapter 21).

The 7 Habits of Highly Effective Teens: Workbook

This completely updated and redesigned personal workbook companion to the bestselling The 7 Habits of Highly Effective Teens provides engaging activities, interactives and self-evaluations to help teens understand and apply the power of the 7 Habits. Sean Covey's The 7 Habits of Highly Effective Teens has sold more than 2 million copies and helped countless teens make better decisions and improve their sense of self-worth. Pairing new interactives with modern explanatory graphics, The 7 Habits of Highly Effective Teens workbook reaches today's teen generation effectively.

Self-Coaching

The simple, untold truth about anxiety and depression is that they are habits of insecurity and, like all habits, they can be broken. In this new edition of the highly successful Self-Coaching, Dr. Joseph Luciani shows you how to change your way of thinking and develop a healthy, adaptive way of living through his proven Self-Talk strategy for coaching yourself back to health.

Proofreading, Revising & Editing Skills Success in 20 Minutes a Day

This comprehensive guide will prepare candidates for the test in all 50 states. It includes four complete practice exams, a real estate refresher course and complete math review, as well as a real estate terms glossary with over 900 terms, and expert test-prep tips.

Salt Sugar Smoke

This comprehensive book takes a fresh look at preserving. Jams and jellies, chutneys and pickles, smoked and potted meats and cured fish, cordials and alcohols, vegetables in oil, mustards and vinegars - here are recipes to fill the larder with the most delicious conserves of all kinds. Award-winning food writer Diana Henry has sourced preserves from many different cuisines, from familiar fruit jams to more unusual recipes such as Georgian plum sauce, rhubarb schnapps and Middle Eastern pickled turnips. There is expert advice and instruction on techniques where necessary - from successful smoking (without expensive equipment) to foolproof jellies. As always Diana's irresistible narrative style makes you feel she is in the kitchen with you, guiding you gently through the recipes and providing fascinating background that ranges from the traditions of wild mushroom picking in Italy, Scandinavia and Russia to Simone de Beauvoir (who compared making jam to capturing time). Preserving makes the most of seasonal ingredients and intensifies flavours wonderfully. It's also a delicious way of making everyday food special and giving friends and family something beautifully home-made. From elderflower in spring and summer tomatoes, to autumn berries and winter vodkas, the recipes in this book will provide you with season after season of wonderful preserves.

Gratitude

Center your life around positive thoughts with this guided gratitude journal! Celebrate each moment, big or small, and preserve important memories with everyday mindfulness. This 90-day reflection journal gives you a path to developing a habit of daily gratitude that you can carry throughout your life. Cultivating thankfulness is a potent exercise, proven to have a positive effect on a person's mental health and general well-being. Each spread of this positivity journal includes space to record expressions of gratitude, personal affirmations, memories of positive interactions, and commentary on the significance of it all. The perfect self-care or mindfulness gift for women and men, this happiness log creates a personal diary of positive experiences and wonderful reflections that can be a source of inspiration for years to come. Additional details: Ideal 5.75" x 8.25" size and durable flexibound format offer plenty of writing space while being small enough to travel easily Easy to write on archival paper takes pen and pencil nicely with 184 lined, acid-free pages Deluxe design with vegan leather cover, foil accents, removable cover band, and helpful ribbon marker make for a lasting keepsake Beautiful illustrations encourage a calming mindset and lovely backdrop for deep reflection Journal simply with guided prompts and lists that make it easy to check in with yourself morning and night, relieve stress, and promote mindfulness Build your collection: Gratitude is part of Insight Editions' successful line of Inner World guided journals, including Mindfulness, Meditation, Calm, Self-Care, Recharge, Connection, and more

The Media Lab

Personalized newspapers, life-sized holograms, telephones that chat with callers, these are all projects that are being developed at MIT's Media Lab. Brand explores the exciting programs, and gives readers a look at the future of communications.

That's the Joint!

Spanning 25 years of serious writing on hip-hop by noted scholars and mainstream journalists, this comprehensive anthology includes observations and critiques on groundbreaking hip-hop recordings.

The Psychology of Gratitude

Gratitude, like other positive emotions, has inspired many theological and philosophical writings, but it has inspired very little vigorous, empirical research. In an effort to remedy this oversight, this volume brings together prominent scientists from various disciplines to examine what has become known as the most-neglected emotion. The volume begins with the historical, philosophical, and theoretical foundations of gratitude, then presents the current research perspectives from social, personality, and developmental psychology, as well as from primatology, anthropology, and biology. The volume also includes a comprehensive, annotated bibliography of research on gratitude. This work contributes a great deal to the growing positive psychology initiative and to the scientific investigation of positive human emotions. It will be an invaluable resource for researchers and students in social, personality, and developmental, clinical, and health psychology, as well as to sociologists and cultural anthropologists.

The Ones We Choose

Lisa Genova meets 23andMe in this exploration of the genetic and emotional ties that bind, as debut author Julie Clark delivers a compelling read about a young boy desperate to find his place in this world, a mother coming to terms with her own past, and the healing power of forgiveness. The powerful forces of science and family collide when geneticist Paige Robson finds her world in upheaval: Her eight-year-old son Miles is struggling to fit in at his new school and begins asking questions about his biological father that Paige can't answer—until fate thrusts the anonymous donor she used into their lives. Paige's carefully constructed life begins to unravel as the truth of Miles's paternity threatens to destroy everything she has grown to cherish. As Paige slowly opens herself up—by befriending an eccentric mother, confronting her own deeply buried vulnerabilities, and trying to make sense of her absent father's unexpected return—she realizes breakthroughs aren't only for the lab. But when tragedy strikes, Paige must face the consequences of sharing a secret only she knows. With grace and humor, Julie Clark shows that while the science is fascinating, solving these intimate mysteries of who we are and where we come from unleashes emotions more complex than the strands of DNA that shape us.

WIPO Technology Trends 2019 - Artificial Intelligence

The first report in a new flagship series, WIPO Technology Trends, aims to shed light on the trends in innovation in artificial intelligence since the field first developed in the 1950s.

Speakership

In a world where information is everywhere, it's no longer enough to inform. You must inspire. It's no longer enough to manage; you must lead. Speakership is the new leadership imperative, the missing link between strategy and execution. It's the difference between wanting people to do something, and inspiring them to action. Whether you want to speak to build a brand, inspire a team, curate a culture or grow your career, Speakership gives you the knowledge and tools you need to learn the art of oration and the science of influence.

Ocean of Sound

"Ocean of Sound" begins in 1889 at the Paris Exposition when Debussy first heard Javanese music performed. A culture absorbed in perfume, light and ambient sound developed in response to the intangibility of 20th century communications. David Toop traces the evolution of this culture, through Erik Satie to the Velvet Underground; Miles Davis to Jimi Hendrix. David Toop, who lives in London, is a writer, musician and recording artist. His other books are "Rap Attack 3 "and "Exotica,"

Identity Texts

Jim Cummins is Professor and Canada Research Chair in the Curriculum, Teaching and Learning department at the Ontario Institute for Studies in Education.

The Sustainable Chef

This book provides the first systematic and accessible text for students of hospitality and the culinary arts that directly addresses how more sustainable restaurants and commercial food services can be achieved. Food systems receive growing attention because they link various sustainability dimensions. Restaurants are at the heart of these developments, and their decisions to purchase regional foods, or to prepare menus that are healthier and less environmentally problematic, have great influence on food production processes. This book is systematically designed around understanding the inputs and outputs of the commercial kitchen as well as what happens in the restaurant from the perspective of operators, staff and the consumer. The book considers different management approaches and further looks at the role of restaurants, chefs and staff in the wider community and the positive contributions that commercial kitchens can make to promoting sustainable food ways. Case studies from all over the world illustrate the tools and techniques helping to meet environmental and economic bottom lines. This will be essential reading for all students of hospitality and the culinary arts.

Reality is Broken

We are living in a world full of games. More than 31 million people in the UK are gamers. The average young person will spend 10,000 hours gaming by the age of twenty-one. The future belongs to those who play games. In this ground-breaking book, visionary game designer Jane McGonigal challenges conventional thinking and shows that games - far from being simply escapist entertainment - have the potential not only to radically improve our own lives but to change the world.

Being Happy!

"A handbook to greater confidence & security."--Cover

The Having of Wonderful Ideas & Other Essays on Teaching & Learning

The revised Third Edition of this indispensable classic on Piaget and teaching features a new introduction, a new chapter on critical exploration in the classroom, and a renewed belief in the need to educate children about peace and social justice.