

ishmaels care of the back

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Explore Ishmael's dedicated approach to maintaining his back health, detailing his effective routines, preventive measures, and specific strategies to ensure optimal spinal wellness. This comprehensive guide offers valuable insights into practical back care, promoting long-term comfort and mobility.

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Ishmael's Care of the Back

Note: This product is available only in quantities of 25. This patient-education booklet provides practical guidance on the prevention and alleviation of lower back injuries. This edition has been restructured to provide a more complete education on the lumbar spine and common injuries to the lower spine. The booklet includes 20 updated illustrations of correct versus incorrect postures for common daily physical activities and 20 new illustrations of specific stretching and strengthening exercises for prevention and treatment of lower back injuries.

Ishmael's Care of the Back, 6e

From basic spinal anatomy to the dynamics of back injuries, Ishmael's Care of the Back, Sixth Edition, is a reliable, up-to-date source of information for your patients. This concise, practical patient education resource by Dr. Brian J. Krabak offers an easily accessible, evidence-based overview of back care, including valuable guidance on injury prevention and treatment—all in a handy, cost-effective booklet you can offer to your patients with confidence.

Ishmael's Care of the Knee

This patient-education booklet provides practical guidance on the prevention and alleviation of knee injuries. This edition has been restructured to provide a more complete education on the knee and common injuries to the knee. Illustrations have been expanded to include specific stretching and strengthening exercises for the knee and lower extremity. Note: This product is available only in quantities of 25. All volumes will be rounded down to the nearest increment of twenty five (25) any volumes less than 25 will be rounded to zero (0) and not supplied. Quantity Price 25 - 75 \$1.89 Each, 100 - 225 \$1.85 Each, 250 - 475 \$1.76 Each, 500+ \$1.65 Each

Ishmael's Care of the Neck

Note: This product is available only in quantities of 25. All volumes will be rounded down to the nearest increment of twenty five (25) any volumes less than 25 will be rounded to zero (0) and not supplied. Quantity Price 25 - 75 \$1.89; 100 - 225 \$1.85; 250 - 475 \$1.76 500+ \$1.65 Help your patients prevent and treat common neck injuries! Neck injuries can be both painful and debilitating. This practical patient-education booklet helps your patients understand the anatomy of the neck and the dynamics of neck injuries, while offering valuable guidance on injury prevention and treatment. Inside you'll discover... Clear, concise descriptions of neck anatomy Emphasis on prevention to help patients avoid potential neck injuries Treatment tips to help alleviate pain, speed healing, and improve posture A range of therapeutic options, described in clear, accessible language New to the Fourth Edition... More complete coverage of the cervical spine anatomy and imaging Expanded information on common injuries and diseases of the neck Additional treatment recommendations Also available: Krabak: Ishmael's Care of the Back

Care of the Back

From basic anatomy to the dynamics of neck injuries, Ishmael's Care of the Neck, Fifth Edition, is a reliable, up-to-date source of information for your patients. This concise, practical patient education resource by Dr. Brian J. Krabak offers an easily accessible, evidence-based overview of neck care, including valuable guidance on injury prevention and treatment—all in a handy, cost-effective booklet you can offer to your patients with confidence. Provides clear descriptions of neck structure, musculature, motion, and function Emphasizes prevention (activity, stretches, strengthening exercises, and proper postures for common home and work activities) to help patients avoid potential neck injuries Features clearer, simplified anatomy illustrations; an improved, more readable layout and design; updated photographs of do's and don'ts, new note-taking space; and an available eBook version Offers treatment tips and therapeutic options to help alleviate pain, speed healing, and improve function—all in easy-to-understand language Also available: Krabak: Ishmael's Care of the Back, Sixth Edition Krabak: Ishmael's Care of the Knee, Third Edition Enrich Your eBook Reading Experience Read directly on your preferred device(s), such as computer, tablet, or smartphone. Easily convert to audiobook, powering your content with natural language text-to-speech.

Ishmael's Care of the Neck

From basic anatomy to the dynamics of neck injuries, Ishmael's Care of the Neck, Fifth Edition, is a reliable, up-to-date source of information for your patients. This concise, practical patient education resource by Dr. Brian J. Krabak offers an easily accessible, evidence-based overview of neck care, including valuable guidance on injury prevention and treatment—all in a handy, cost-effective booklet you can offer to your patients with confidence.

Ishmael's Care of the Neck, 5e

Softbound (For quantity pricing please contact 1-800-638-3030.)

Care of the Neck

From the author of the critically acclaimed, award-winning bestseller Ishmael and its sequel, My Ishmael, comes a powerful novel with one of the most profound spiritual testaments of our time “A compelling ‘humantale’ that will unglue, stun, shock, and rearrange everything you’ve learned and assume about Western civilization and our future.”—Paul Hawken, author of The Ecology of Commerce Father Jared Osborne has received an extraordinary assignment from his superiors: Investigate an itinerant preacher stirring up deep trouble in central Europe. His followers call him B, but his enemies say he’s something else: the Antichrist. However, the man Osborne tracks across a landscape of bars, cabarets, and seedy meeting halls is no blasphemous monster—though an earlier era would undoubtedly have rushed him to the burning stake. For B claims to be enunciating a gospel written not on any stone or parchment but in our very genes, opening up a spiritual direction for humanity that would have been unimaginable to any of the prophets or saviors of traditional religion. Pressed by his superiors for a judgement, Osborne is driven to penetrate B’s inner circle, where he soon finds himself an anguished collaborator in the dismantling of his own religious foundations. More than a masterful novel of adventure and suspense, The Story of B is a rich source of compelling ideas from an author who challenges us to rethink our most cherished beliefs. Explore Daniel Quinn’s spiritual Ishmael trilogy: ISHMAEL • MY ISHMAEL • THE STORY OF B

The Story of B

"In this epic examination, [a] celebrated historian explores the evolution of Judaism and Islam through a lens of Middle Eastern stability." (Publishers Weekly) The relationship between Jews and Muslims has been a flashpoint that affects stability in the Middle East with global consequences. In this eloquent book, Martin Gilbert presents a fascinating account of the hope and fear that have characterized these two peoples through the 1,400 years of their intertwined history. Harking back to the Biblical story of Ishmael and Isaac, Gilbert takes the reader from the origins of the fraught relationship—the refusal of Medina's Jews to accept Mohammed as a prophet—through the ages of the Crusader reconquest of the Holy Land and the great Muslim sultanates to the present day. He explores the impact of Zionism in the early twentieth century, the clash of nationalisms during the Second World War, the mass expulsions and exodus of 800,000 Jews from Muslim lands following the birth of Israel, the Six-Day War, and the political sensitivities of the current Middle East. *Ishmael's House* sheds light on a time of prosperity and opportunity for Jews in Muslim lands stretching from Morocco to Afghanistan, with many instances of Muslim openness, support, and courage. Drawing on Jewish, Christian, and Muslim sources, Gilbert uses archived material, poems, letters, memoirs, and personal testimony to uncover the human voice of this centuries-old conflict. Ultimately Gilbert's moving account of mutual tolerance between Muslims and Jews provides a perspective on current events and a template for the future. "A reliable source and a pleasure to read." —Herman Wouk, Pulitzer prize winning author of *The Caine Mutiny* "Moving and important." —The Independent

In Ishmael's House

Back pain of one kind or another accounts for the greatest loss of work hours. The majority of people experience back pain at some in their lives. Nurses form the largest professional group within the health service and have the greatest influence on patient self-care.

The Back

An Ishmael of Syria is a personal story told in a series of flashbacks and incidents from the present. The different excerpts intertwine to create a portrait of a person feeling at a loss while struggling to find meaning and a sense of belonging.

Back Care

After the fall of the Empire of GHANA, two stars are appearing in the West African's sky. SOUNJATA the prodigy child, and SOUMAHORO: the king sorcerer. The first one is destined to lead his people to greatness, and the second one to their perdition. Soumahoro who preceded Sundjata sets out to destroy his enemy with the help of powerful black magicians. Only one man is able to stop them: OUSMAN KONATE. A young soldier, Ousman's main goal was to reconnect with AMINATA; his beautiful soul mate. In a twist of fate, Ousman is introduced to ELIAS; a spiritual teacher who makes him aware of the destiny of their people. Destiny which is being undermined by the rise of a dark society led by Ousman's own brother: HAMIDOU KONATE who is also Soumahoro's mentor. In addition, Elias offers to help Ousman develop the powers still dormant in him. Ousman reluctantly chooses to remain a simple soldier, but things are about to change when Hamidou comes after him. Soon, the two brothers are facing each other in a deadly battle which is about to affect the destiny of one of AFRICA's greatest empire: The Empire of the MANDINGUE.

Managing Back Pain

A deeply moving invitation to understand God's prophetic heart for Israel and how blessing can be unleashed for the church in our time.

An Ishmael of Syria

Mind reading. Super strength. Shape shifting. The age of the supers is here, but who said anything about heroes? The rules of the new world order are simple: the super-powered rogues are genetically predisposed to violence and terror, says the Prime Minister. So you have two choices: use terror for the right cause as a black ops agent, or be hunted by the black ops agents. Silas Knight is a telepath who only cares about survival. Eli is a centuries-old hermit on a crusade to save super-powered children, one he is sure will end in death. And Alice is a fugitive with a power so dark she wonders if the propaganda

is right about her. But one works from the shadows to unite them, to bring forth a new world where rogues can not only survive, but live. If they don't rip each other apart first.

The Healer

In *Care-full Preaching*, G. Lee Ramsey, Jr., offers a new vision for how sermons can energize all members of a congregation to care for one another. Using fresh images and sermons from Fred Craddock, James Forbes, Gina Stewart, Barbara Brown Taylor, and himself, Ramsey demonstrates in practical ways how sermons can create a caring community.

Why Care about Israel?

This unforgettable and suspenseful *Star Trek: The Original Series* adventure follows the Enterprise crew in a desperate rescue mission to the past to save First Officer Spock and stop the Klingons from changing the future forever. The USS Enterprise is on a peaceful mission at Starbase 12 when a bizarre cosmic phenomenon causes a Klingon ship to suddenly vanish—with Spock aboard for the ride. Spock's last message from the Klingon ship is cryptic and frightening. The Klingons are traveling into the past, searching for the one man who holds the key to the future. If they can kill that man, the course of history will be changed—and the Federation will be destroyed!

American Book Publishing Record

Drawing on studies of survivor psychology, this work provides an illuminating new reading of Moby-Dick. Janet Reno gives Ishmael new prominence and casts light on many of Moby-Dick's structural and thematic features.

Finding Sage

Sarah's infertility is a heavy weight over her life. Her situation looks even more hopeless when she is trapped for years in the harem of an Egyptian Pharaoh. Upon being freed, Pharaoh gives Sarah a little girl who was born in the harem, named Ta-Sherit. The mysterious God who speaks to Sarah and her husband, Abraham, seems to have great power and has promised them a multitude of descendants. But Sarah is old and getting older, and still has not given birth. In this novel, Sarah tells her story through the lens of her relationship with Ta-Sherit, whom she loves and raises like a daughter—while others nickname the Egyptian girl "Hagar" and view her as a servant. In this creative reimagining of an ancient family drama, the biblical text becomes a new story when it comes from Sarah in her own voice.

Back for Life

Demonstrates care of the back, proper lifting techniques, and care of back patients.

Care-full Preaching

Tales of the Bible rewritten for young children.

Ishmael

John, an unmotivated seven year old is taken back in time by an adult angel. She tries to teach him the true meaning of life. He returns from his many adventures and tells his family about the angel, but none of them believe him. A child angel wants to be his guardian and comes to visit him. The child angel must get John to tell him about every adventure the adult angel took him through, but John is too lazy to tell him. John puts the job off on his sister and brother, but first he has to convince them there is an angel wanting to hear the stories. John wonders why his family, who professes to believe in angels and goes to church, can't believe that he has seen two angels. The baby angel, Joshua, gives John the gift to communicate with all animals, but his family thinks he is making it up. Meanwhile the family is planning a grand vacation with their father who is in on furlong. The family pets are to go also, that is, if they can get stubborn Rambo, their huge dog, to get his shots for the trip. At the vet, Rambo runs into the woods. Meow, the cat, and Baby, the small dog, along with John follow him. They end up at John's grand-parents' farm where they get into all kinds of humorous mischief. When Joshua shows up again, he promises John if someone will tell him the story, he will take all of the children and animals to another dimension where they will have a spectacular vacation climax.

Ishmael

His marriage in tatters and his career ruined by lies, Diplomatic Security Service agent Brian Mullaney is at the end of his rope. Banished to Israel as punishment by his agency, he's assigned to guard a US ambassador and an insignificant box. Little does he know that this new job will propel him straight into a crisis of global proportions. Inside the box is a messianic prophecy about the fate of the world. And a dark enemy known as The Turk and the forces of evil at his command are determined to destroy the box, the prophecy, and the Middle East as we know it. When Ambassador Cleveland gets in the way, his life and his daughter's life are threatened--and Mullaney must act fast. Now agents of three ancient empires have launched covert operations to secure nuclear weapons, in direct defiance of the startling peace treaty Israel and its Arab neighbors have signed. And a traitor in the US State Department is leaking critical information to a foreign power. It's up to Mullaney--still struggling with his own broken future--to protect the embassy staff, thwart the clandestine conspiracies, and unmask a traitor--before the desert is turned into a radioactive wasteland. Fans of Joel C. Rosenberg, Steven James, and Ted Dekker will relish the deadly whirlpool of international intrigue and end-times prophecy in *Ishmael Covenant*--and will eagerly await the rest of this new trilogy.

Ishmael Alone Survived

"Folks. This here is the story of the Loop Garoo Kid. A cowboy so bad he made a working posse of spells phone in sick. A bullwhacker so unfeeling he left the print of winged mice on hides of crawling women. A desperado so onery he made the Pope cry and the most powerful of cattlemen shed his head to the Executioner's swine." And so begins the *HooDoo Western* by Ishmael Reed, author of *Mumbo Jumbo* and one of America's most innovative and celebrated writers. Reed demolishes white American history and folklore as well as Christian myth in this masterful satire of contemporary American life. In addition to the black, satanic Loop Garoo Kid, *Yellow Back Radio Broke-Down* features Drag Gibson (a rich, slovenly cattleman), Mustache Sal (his nymphomaniac mail-order bride), Thomas Jefferson and many others in a hilarious parody of the old Western.

The Scent of Bright Light

In Pharaoh's Harem Hagar had little status and few friends other than Baufra, the gardener. Little she knew that her future was bound up with a wealthy merchant from a distant land, who worshiped a strange god that he could not see. When famine brought Abram to the Two-Lands, Pharaoh took his beautiful sister, Sarai, as his intended princess, and Hagar became her attendant. Ultimately, young Hagar chose to leave her opulent society and cast her lot with the sand-dwellers of Canaan, who worshiped El-Shaddai. Author Hester Thomsen re-creates the texture of life in Egypt under the twelfth dynasty: the social and political influences; the feasts, opinions, and customs; the religion in which Hagar was trained; and the temple services in which she took part. The dialogue incorporates actual phrases taken from the Egyptian writings of the period, evoking Hagar's emotions and re-creating the world in which she lived. Hagar's amazing story shows how small choices can change the course of history.

Save Your Back

DigiCat Publishing presents to you this special edition of "*Ishmael; Or, In the Depths*" by Emma Dorothy Eliza Nevitte Southworth. DigiCat Publishing considers every written word to be a legacy of humankind. Every DigiCat book has been carefully reproduced for republishing in a new modern format. The books are available in print, as well as ebooks. DigiCat hopes you will treat this work with the acknowledgment and passion it deserves as a classic of world literature.

Ishmael the Yezidee

The Daily Message is the perfect one-year reading Bible, allowing for both flexibility and time to let the readings soak into your heart and mind. Arranged into six readings per week, this simple, easy-to-do plan will revolutionize your daily quiet time with God. Features include: Discipleship Journal's "Book-at-a-Time" reading plan Inspirational words from Psalms or Proverbs and thoughtful questions for deeper reflection Alternative reading plans that allow you to start any day of the year and read at your own pace

Back Care Basics

Celebrate your moment. Life is full of highs and lows. The Message Bible has the words to carry you through each one. Words of comfort and celebration. Words of heartache and hope. Enjoy the gifts that life brings and a Bible that can express each moment. The Message is a reading Bible translated from the original Greek and Hebrew Scriptures by scholar, pastor, author, and poet Eugene Peterson. Thoroughly reviewed and approved by 20 biblical scholars, The Message combines the authority of God's Word with the cadence and energy of conversational English. For the first time as a Large Print gift Bible, The Message includes all these popular features! Personalize your Bible with the colorful presentation page. Find passages with The Message's unique verse-numbered paragraphs. Get your bearings with handcrafted maps. Use your Bible for years to come with its durable binding. Keep your place with a satin ribbon marker. Read The Message, and fill your life with the unexpected passion and personality that fill God's Word.

The Child's Story Bible

A haunting, beautiful first novel by the bestselling author of *A Long Way Gone* When Ishmael Beah's *A Long Way Gone* was published in 2007, it soared to the top of bestseller lists, becoming an instant classic: a harrowing account of Sierra Leone's civil war and the fate of child soldiers that "everyone in the world should read" (*The Washington Post*). Now Beah, whom Dave Eggers has called "arguably the most read African writer in contemporary literature," has returned with his first novel, an affecting, tender parable about postwar life in Sierra Leone. At the center of *Radiance of Tomorrow* are Benjamin and Bockarie, two longtime friends who return to their hometown, Imperi, after the civil war. The village is in ruins, the ground covered in bones. As more villagers begin to come back, Benjamin and Bockarie try to forge a new community by taking up their former posts as teachers, but they're beset by obstacles: a scarcity of food; a rash of murders, thievery, rape, and retaliation; and the depredations of a foreign mining company intent on sullyng the town's water supply and blocking its paths with electric wires. As Benjamin and Bockarie search for a way to restore order, they're forced to reckon with the uncertainty of their past and future alike. With the gentle lyricism of a dream and the moral clarity of a fable, *Radiance of Tomorrow* is a powerful novel about preserving what means the most to us, even in uncertain times. Named one of the *Christian Science Monitor's* best fiction books of 2014

Ishmael

Slow Down and Connect with GodThe Bible in contemporary language is placed here alongside the ancient Christian practice of *lectio divina*, or sacred reading. You'll enter the text of Scripture more fully than ever before and come out of each prayerful reading with a fresh encounter with our loving God, ready to live in the way of Jesus. A perfect resource for your devotional quiet time. This Old Testament Bible portion includes the complete books of Jeremiah and Lamentations. It introduces readers to the timeless practice of *lectio divina* and provides guided reflection. There is also ample space for journaling your observations, reflections, and prayers. Here are the steps of *lectio divina* to help you slow down and meet God: Stop: Take a moment to stop and prepare to encounter God. Read: Do a first reading and make observations of the text. Ponder: Read the text again and meditate on its meaning. Pray: Begin a conversation with God about this Scripture. Reflect: Take note of what this time with God has brought to the surface for you. Live: Consider how this time with God translates into our life with God.

Little John's Angels

Sit Up, and Take Care of Your Back