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Learned Optimism

From the bestselling author of *Authentic Happiness* Known as the father of the science of positive psychology, Martin E.P. Seligman draws on more than twenty years of clinical research to demonstrate how optimism enhances the quality of life, and how anyone can learn to practice it. Offering many simple techniques, Dr. Seligman explains how to break an 'I give up' habit, develop a more constructive explanatory style for interpreting your behaviour, and experience the benefits of a more positive interior dialogue. These skills can help break up depression, boost your immune system, better develop your potential, and make you happier. With generous additional advice on how to encourage optimistic behaviour at school, at work and in children, *Learned Optimism* is both profound and practical, making it highly valuable for every phase of life.

Big Think Strategy

"These are big ideas, but Schmitt carefully breaks down his approach to create simple tools that can be adapted and applied within any company. This book provides step-by-step instructions for sourcing innovative ideas, evaluating them, turning them into strategy, and executing them. What's more, you'll find the guidance you need to lead and establish organizational structures that will sustain long-term "big thinking" within your company."--BOOK JACKET.

Learned Helplessness

When experience with uncontrollable events gives rise to the expectation that events in the future will also elude control, disruptions in motivation, emotion, and learning may ensue. "Learned helplessness" refers to the problems that arise in the wake of uncontrollability. First described in the 1960s among laboratory animals, learned helplessness has since been applied to a variety of human problems entailing inappropriate passivity and demoralization. While learned helplessness is best known as an explanation of depression, studies with both people and animals have mapped out the cognitive and biological aspects. The present volume, written by some of the most widely recognized leaders in the field, summarizes and integrates the theory, research, and application of learned helplessness.

Each line of work is evaluated critically in terms of what is and is not known, and future directions are sketched. More generally, psychiatrists and psychologists in various specialties will be interested in the book's argument that a theory emphasizing personal control is of particular interest in the here and now, as individuality and control are such salient cultural topics.

Space Unjust

Space Unjust is a hopeful book about city space and social diversity. Observing how social discriminations materialize in urban public space, this work addresses the difficulties that urbanites face cohabiting in today's cities. For this living together in difference, negotiation is crucial, and a respect and appreciation for social diversity proves handy in dealing with issues of urban space. After all, it is people, rather than space, who commit injustices. Preconceived ideas, stereotypes and unquestionable norms poison the ground against inclusiveness, multiculturalism, justice and mutual respect. Listening to the unheard, and tracing the invisible, shift our perspectives and enrich our perceptions of the city. The role of design and management processes in shaping our everyday life in the city deserves close observation and analysis from various viewpoints. In Space Unjust, the Helsinki Railway Station and Omonia Square in Athens are brought to life through the presence and testimonies of the Other, in particular the Somali and Albanian diaspora. The comparative element between North and South is not conclusive; it points to the universality of socio-spatial discrimination and the importance of keeping discourse on socio-spatial justice alive.

Dragon Soup and Earnings Management

In the (A) case, Jason Phillips, Chief Financial Officer of a soup manufacturing business, is given the task of maximizing the value of the firm twelve months after the case is set. Although he does not want to break any legal rules, Jason is interested to see whether accounting and real action choices can be used to enhance the company's financial position and increase its perceived value to investors. The case permits him to select from a menu of options, including decisions on product pricing, inventory levels, accounts receivables, leasing or purchasing a new machine and valuation or sale of securities. These choices are fed into an Excel spreadsheet which adjusts financial projections and accounting disclosures accordingly. In the (B) case, Ben Kerr, Chief Investment Officer at one of Dragon's main competitors, considers the financial statements produced by Dragon to unravel any earnings management behavior and establish a true value for the company. Although the case can be focused on the accounting consequences of real decisions, a richer discussion is obtained when considering the ethical angles of the decision process. In particular, how much "earnings management" should be pursued and what types of behaviors are simply going to be unraveled by investors? Students will explore: the concepts of "legal" earnings management as compared to true value optimization; whether sophisticated investors misled by such behaviors; and the management of information flows to investors.

Harvard Business School ... Catalog of Teaching Materials

"Character" has become a front-and-center topic in contemporary discourse, but this term does not have a fixed meaning. Character may be simply defined by what someone does not do, but a more active and thorough definition is necessary, one that addresses certain vital questions. Is character a singular characteristic of an individual, or is it composed of different aspects? Does character--however we define it--exist in degrees, or is it simply something one happens to have? How can character be developed? Can it be learned? Relatedly, can it be taught, and who might be the most effective teacher? What roles are played by family, schools, the media, religion, and the larger culture? This groundbreaking handbook of character strengths and virtues is the first progress report from a prestigious group of researchers who have undertaken the systematic classification and measurement of widely valued positive traits. They approach good character in terms of separate strengths-authenticity, persistence, kindness, gratitude, hope, humor, and so on--each of which exists in degrees. Character Strengths and Virtues classifies twenty-four specific strengths under six broad virtues that consistently emerge across history and culture: wisdom, courage, humanity, justice, temperance, and transcendence. Each strength is thoroughly examined in its own chapter, with special attention to its meaning, explanation, measurement, causes, correlates, consequences, and development across the life span, as well as to strategies for its deliberate cultivation. This book demands the attention of anyone interested in psychology and what it can teach about the good life.

Cost and Management Accounting

Digest of Hindu law of inheritance and succession; includes Mitaks ara commentary of Vijnanesvara, 11th cent. on ch. 2, verses 113-149 of YajnavalkyasmrÆti.

Character Strengths and Virtues

Seminar paper from the year 2012 in the subject Business economics - Miscellaneous, grade: 1,7, International School of Management, Hamburg Campus, language: English, abstract: Is it right or wrong? Ethics deals with many questions and plays a key role in the decision making process in businesses. Moral standards or norms in companies, for example codes of conduct, help to serve as guidelines in a professional environment. Furthermore there are global standards by organizations, such as the UN Global compact. In the particular case of "Drug test in India", one essential standard to be questioned is the respect of human rights. In the UN Global compact it says: "Business should support and respect the protection of internationally proclaimed human rights" and "Business should make sure that they are not complicit in human rights abuses". Testing vaccine with known side effects on human violates this standard.

D ya-bh ga and Mit kcar

Victorian City is a study of the social and intellectual attitudes of Victorian society to the challenge of urbanization.

Cost and Management Accounting

Created through a "student-tested, faculty-approved" review process with feedback from students and faculty, MKTG 2010, Student Edition, is an engaging and accessible solution to accommodate the diverse lifestyles of today?s learners.

Drug tests in India

A thorough and up-to-date guide to putting positive psychology into practice From the Foreword: "This volume is the cutting edge of positive psychology and the emblem of its future." -Martin E. P. Seligman, Ph.D., Fox Leadership Professor of Psychology, University of Pennsylvania, and author of Authentic Happiness Positive psychology is an exciting new orientation in the field, going beyond psychology's traditional focus on illness and pathology to look at areas like well-being and fulfillment. While the larger question of optimal human functioning is hardly new - Aristotle addressed it in his treatises on eudaimonia - positive psychology offers a common language on this subject to professionals working in a variety of subdisciplines and practices. Applicable in many settings and relevant for individuals, groups, organizations, communities, and societies, positive psychology is a genuinely integrative approach to professional practice. Positive Psychology in Practice fills the need for a broad, comprehensive, and state-of-the-art reference for this burgeoning new perspective. Cutting across traditional lines of thinking in psychology, this resource bridges theory, research, and applications to offer valuable information to a wide range of professionals and students in the social and behavioral sciences. A group of major international contributors covers: The applied positive psychology perspective Historical and philosophical foundations Values and choices in pursuit of the good life Lifestyle practices for health and well-being Methods and processes for teaching and learning Positive psychology at work The best and most thorough treatment of this cutting-edge discipline, Positive Psychology in Practice is an essential resource for understanding this important new theory and applying its principles to all areas of professional practice.

The Victorian City

Peter Watson's hugely ambitious and stimulating history of ideas from deep antiquity to the present day—from the invention of writing, mathematics, science, and philosophy to the rise of such concepts as the law, sacrifice, democracy, and the soul—offers an illuminated path to a greater understanding of our world and ourselves.

MKTG 4

Positive psychology is the scientific study of what goes right in life, from birth to death and at all stops in between. It is a newly-christened approach within psychology that takes seriously the examination of

that which makes life most worth living. Everyone's life has peaks and valleys, and positive psychology does not deny the valleys. Its signature premise is more nuanced, but nonetheless important: what is good about life is as genuine as what is bad and, therefore, deserves equal attention from psychologists. Positive psychology as an explicit perspective has existed only since 1998, but enough relevant theory and research now exist to fill a textbook suitable for a semester-long college course. A Primer in Positive Psychology is thoroughly grounded in scientific research and covers major topics of concern to the field: positive experiences such as pleasure and flow; positive traits such as character strengths, values, and talents; and the social institutions that enable these subjects as well as what recent research might contribute to this knowledge. Every chapter contains exercises that illustrate positive psychology, a glossary, suggestions of articles and books for further reading, and lists of films, websites, and popular songs that embody chapter themes. A comprehensive overview of positive psychology by one of the acknowledged leaders in the field, this textbook provides students with a thorough introduction to an important area of psychology.

Positive Psychology in Practice

Join the journey with Luke with fifty days of scripture readings, meditations, and prayers written by dynamic spiritual leaders from around the world.

Ideas

No detailed description available for "Economic Theory and Method".

A Primer in Positive Psychology

A Treasure Trove of Practical Tips and Tricks for CNC Machining! From the author of the bestselling and universally praised Machine Shop Trade Secrets comes a new manual that does for CNC machining what the first book did for conventional machining. With this guide to proven CNC machine shop practices, you will be producing machine parts faster, with fewer errors, and with less labor. You'll discover that you don't have to know "everything there is to know" to make parts on CNC machines ? just as, for example, you don't have to know everything about Microsoft Word to write a letter. Whether you are a shop owner, machinist, designer, or hobbyist, you will find yourself referring to this manual again and again. In this manual you will discover: Easy-to-read steps for going from print to part using CAD/CAM equipment Useful techniques for holding and machining parts using CNC machines Ways to unravel the mysteries of using G-code Ways to avoid "Crashing" 3D CNC milling basics What CNC machines can and cannot do Solidwork challenges to improve your modeling skills Ideas for how engineers and designers can help machinists get the job done A potpourri of practical and proven machining tips and tricks And much more...

A Journey with Luke

From the bestselling author of Authentic Happiness In The Optimistic Child, Dr. Martin Seligman offers parents, teachers and coaches a well-validated program to prevent depression in children. Seligman shows adults how to teach children the skills of optimism that can help them combat sadness, achieve more on the playing field and at school and improve their physical health. Learning the skills of optimism not only reduces the risk of depression but boosts school performance and provides children with the self-reliance they need as they approach the teenage years and beyond. Filled with practical advice and written in clear, helpful language, this book is an invaluable resource for people who want to open up the world for children.

Economic Theory and Method

'A practical map for a flourishing life' (Daniel Goleman, author of Emotional Intelligence) In this groundbreaking, heart-lifting and deeply useful book, Martin Seligman, internationally esteemed psychologist and the father of Positive Psychology, shows us that happiness can be learned and cultivated. Using many years of in-depth psychological research he lays out the 24 strengths and virtues unique to the human psyche and teaches you how to identify the ones you possess. By calling upon your signature strengths, you will not only develop natural buffers against misfortune and negative emotion, but also improve the world around you - at work, in love and in raising children - achieving new and sustainable contentment, joy and meaning.

Report of the Medical Officer

From the first encounters between the Portuguese and indigenous peoples in 1500 to the current political turmoil, the history of Brazil is much more complex and dynamic than the usual representations of it as the home of Carnival, soccer, the Amazon, and samba would suggest. This extensively revised and expanded second edition of the best-selling Brazil Reader dives deep into the past and present of a country marked by its geographical vastness and cultural, ethnic, and environmental diversity. Containing over one hundred selections—many of which appear in English for the first time and which range from sermons by Jesuit missionaries and poetry to political speeches and biographical portraits of famous public figures, intellectuals, and artists—this collection presents the lived experience of Brazilians from all social and economic classes, racial backgrounds, genders, and political perspectives over the past half millennium. Whether outlining the legacy of slavery, the roles of women in Brazilian public life, or the importance of political and social movements, The Brazil Reader provides an unparalleled look at Brazil's history, culture, and politics.

Machine Shop Trade Secrets

It is all too often assumed that humour is the very effect of a text. But humour is not a perlocutionary effect in its own right, nor is laughter. The humour of a text may be as general a characteristic as a serious text's seriousness. Like serious texts, humorous texts have many different purposes and effects. They can be subdivided into specific subgenres, with their own perlocutionary effects, their own types of laughter (or even other reactions). Translation scholars need to be able to distinguish between various kinds of humour (or humorous effect) when comparing source and target texts, especially since the notion of "effect" pops up so frequently in the evaluation of humorous texts and their translations. In this special issue of *The Translator*, an attempt is made to delineate types of humorous effect, through careful linguistic and cultural analyses of specific examples and/or the introduction of new analytical tools. For a translator, who is both a receiver of the source text and sender of the target text, such analyses and tools may prove useful in grasping and pinning down the perlocutionary effect of a source text and devising strategies for producing comparable effects in the target text. For a translation scholar, who is a receiver of both source and target texts, the contributions in this issue will hopefully provide an analytical framework for the comparison of source and target perlocutionary effects.

The Optimistic Child

In 1961, a solo exhibition by Argentine-Italian artist Lucio Fontana met with a scathing critical response from New York art critics. Fontana (1899--1968), well known in Europe for his series of slashed monochrome paintings, offered New York ten canvases slashed and punctured, thickly painted in luridly brilliant hues and embellished with chunks of colored glass. One critic described the work as "halfway between constructivism and costume jewelry," unwittingly putting his finger on the contradiction at the heart of these paintings and much of Fontana's work: the cut canvases suggest avant-garde iconoclasm, but the glittery ornamentation evokes outmoded forms of kitsch. In *Lucio Fontana*, Anthony White examines a selection of the artist's work from the 1930s to the 1960s, arguing that Fontana attacked the idealism of twentieth-century art by marrying modernist aesthetics to industrialized mass culture, and attacked modernism's purity in a way that anticipated both pop art and postmodernism. Fontana painted expressionist and abstract sculptures in the pinks and golds of mass-produced knick-knacks, saturated architectural installations with fluorescent paint and ultraviolet light, and encrusted candy-colored monochrome canvases with glitter. In doing so, White argues, he challenged Clement Greenberg's dictum that avant-garde and kitsch are diametrically opposed. Relating Fontana's art to the political and social context in which he worked, White shows how Fontana used the materials and techniques of mass culture to comment on the fate of the avant-garde under Italian fascism and the postwar "economic miracle." At a time when Fontana's work is commanding record prices, this new interpretation of the work assures that it has unprecedented critical relevance.

Authentic Happiness

ZERO: Countdown to Tomorrow, 1950s-60s, is the first large-scale historical survey in the United States dedicated to the German artist group Zero (1957-66). Founded by Heinz Mack and Otto Piene, joined by Günther Uecker in 1961, the group expanded to include ZERO, an international network of like-minded artists who shared the group's aspiration to redefine art in the aftermath of World War II. Featuring more than thirty artists from nine countries, the catalogue explores the experimental practices developed by this extensive network of artists whose work anticipated aspects of Land art, Minimalism, and

Conceptual art. The publication is organized around points of intersection, exchange, and collaboration that defined these artists' shared history. Among the themes explored are the establishment of new definitions of painting; the introduction of movement and light as both formal and idea-based aspects of art; the use of space as subject and material; the interrogation of the relationship between nature, technology, and humankind; and the production of live actions or demonstrations. At once a snapshot of a specific group and a portrait of a generation, this title celebrates the pioneering nature of both the art and the transnational vision advanced by the ZERO network.

Harnischfeger Corporation

In April 1958, Yves Klein presented an exhibition in which no painting, no sculpture, no object was visible. Thanks to this 'immaterialization of the painting' he hoped to 'create an ambience, a pictorial climate that is invisible but present'. This book locates the profound unity of the artist's preoccupations.

The Brazil Reader

« Institutional critique and after explores the history and contemporary reassessment of the Institutional Critique movement launched in the late 1960s, redeveloped in the 1980s, and vigorously reoriented in recent years to address issues such as globalization. In this publication, the histories, theories, diverse locations, and different kinds of institutional alternative space are investigated, looking at traditional forms of art but also at installation, performance, new media practices, and cultural activism. Its central questions turn on the critical potential of art (and institutions) and whether—and if so how—they can stimulate social or political change. »--

Understanding Business Valuation

In the early 1960s, Claes Oldenburg redefined the concept of sculpture. Published in conjunction with a comprehensive exhibition of the artists early work, Claes Oldenburg: Selected Writings 1956-1969 gathers together in a single volume the artists key writings from the 1960s and several years from either side of the decade. Much of the publication comprises of previously unpublished material, including sections of an extensive diary the artist kept during the formative years of the 1960s, and selection from an autobiographical manuscript that Oldenburg wrote in 1971. The book also reprints seminal texts related to Oldenburgs early exhibitions, a selection of scripts for the accompanying Happenings and related interviews. Claes Oldenburg: Selected Writings 1956-1969 provides insight into the artists working process through a transformative period of his long career.

The Glasgow Science Centre Tower Project

Discusses the structure of the Seven-Eleven Japan supply chain in terms of its facilities network, inventory management, distribution, and information. To discuss how Seven-Eleven has made consistent supply chain choices to support its business strategy of providing convenience to customers. Points to how Seven-Eleven has used information and aggregation in transportation to improve supply chain responsiveness at a relatively low cost.

Translating Humour

The case centers on Shilling & Smith's acquisition of Xteria Inc. and the resulting need to quickly scale the company's IT infrastructure to accommodate the acquisition. The case is based on a real leasing problem faced by a major retail firm in the Chicago area when it purchased a small credit card processing firm and scaled the operations to handle the retail firm's credit card transactions. The CIO of Shilling & Smith needs to determine which lease option is the best means of providing the technical infrastructure needed to support the firm after the acquisition of Xteria. Several issues will drive this decision, including the value and useful life of the equipment, as well as the strategic context of the firm. This case examines how to evaluate different lease options when acquiring data center information technology infrastructure. Specifically, the case addresses software vs. hardware leasing, different lease terms, and choosing between different lease structures depending on the strategy and needs of a company. This case enables students to understand the different types of technology leases and in which situations these leases would be employed. The Shilling & Smith case examines how to evaluate different lease options when acquiring data center information technology infrastructure. Specifically, students learn software vs. hardware leasing, different lease terms, and how to choose between different lease structures depending on the strategy and needs of the company. A secondary

objective of the case is to teach students the important components and relative costs of information technology infrastructure.

Lucio Fontana

"The book now in your hands is itself a kind of collection, a gathering of the voices of some catalysts of contemporary performance: artists, cultural engineers, curators, collectors, set alongside critical meditations on the aesthetic, legal and museological ramifications of collecting live art. What emerges is a dynamic conversation – happily discordant in places – on the ethos of the act of collecting, and its social, political and philosophical consequences." Adrian Heathfield"--

ZERO

"A publication from the Center for Research on Conflict Resolution, the University of Michigan."
Bibliography: p. 300-307.

Yves Klein

The Joyoung brand was launched in 1994 when a group of recent college graduates invented the world's first automatic hot soymilk-maker home appliance. After some ups and downs, the Joyoung manufacturer founded the Shandong Joyoung Electric Appliances Co., Ltd. in 2002. It was further reorganized to the current Joyoung Company Limited in September 2007. Joyoung's sales grew rapidly from RMB 6 million in 1994 to 120 million in 1999, and this trend has continued into the new century. By the first quarter in 2006, the signature product of Joyoung--the soymilk makers--alone have already surpassed the sales by Philips Home Appliances in the Chinese market. Contrary to its current success, however, Joyoung Soymilk Maker's launch did not go smoothly. When the first model of the automatic soymilk maker was introduced in 1994, people had no idea what this new creature was supposed to do. The first 2,000 units of Joyoung products remain introduced in stacked in storage for months. Joyoung then decided to conduct some marketing research. Joyoung's repositioning strategies and new product developments based on their marketing research have been evidently successful, and they have defined a new product category in China and in the world.

Institutional Critique and After

Leadership for New Managers