

Kayla Itsines Review

The Routledge Handbook of Motherhood on Screen
Digital Wellness, Health and Fitness Influencers
Influencer Marketing: Concepts and Practices
Social Media for Knowledge Management Applications in Modern Organizations
Digital Femininities
Foundations of Mindset Psychology
Susan Liddy Stefan Lawrence Cybellium Di Virgilio, Francesca Frankie Rogan Ash Buchanan

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the routledge handbook of motherhood on screen offers a comprehensive global analysis of the representation of mothers and motherhood in contemporary screen industries and online spaces over five distinct sections this handbook examines how the complexities and realities of contemporary motherhood are translated to the screen offering a full scholarly overview of the field this handbook provides a ground breaking and important contribution to our understanding of motherhood on screen the geographical and genre reach of the handbook presents new ways of theorising and reframing current scholarly debate and gives a wide ranging and comprehensive contribution to knowledge of on screen representations an international team of established scholars and emerging voices provide analysis of representations from around the world spanning a breadth of genres the chapters situate transnational screen representations of motherhood in the 21st century and assess the implications of contemporary representation of motherhood thoroughly challenging and expanding understandings of motherhood and mothers this handbook will be an essential multi faceted publication for researchers and students of film tv animation motherhood gender studies feminism ageing studies anthropology and sociology

this book examines the phenomenon of digital guru media dgm the self styled online influencers life coaches experts and entrepreneurs who post on the themes of wellness health and fitness it opens up new perspectives on digital leisure and internet celebrity culture and asks important questions about the social cultural and psychological implications of our contemporary relationship with digital media drawing on cutting edge social theory the book explores a wide range of contexts in which dgm intersects with digital leisure from the health related learning of young people to the clean eating movement to the online lives of fitness professionals it asks if digital and social media are problematic per se and explores the problems a turn to the internet could be revealing about the lack of real world or analogue support as well as potential solutions for our wellness health and fitness needs and wants bringing together innovative multi disciplinary perspectives this book is fascinating reading for anybody with an interest in leisure studies media studies cultural studies sociology or health and society

designed for professionals students and enthusiasts alike our comprehensive books empower you to stay ahead in a rapidly evolving digital world expert insights our books provide deep actionable insights that bridge the gap between theory and practical application up to date content stay current with the latest advancements trends and best practices in it al cybersecurity business economics and science each guide is regularly updated to reflect the newest developments and challenges comprehensive coverage whether you're a beginner or an advanced learner cybellium books cover a wide range of topics from foundational principles to specialized knowledge tailored to your level of expertise become part of a global network of learners and professionals who trust cybellium to guide their educational journey cybellium com

in the digital age numerous technological tools are available to enhance business processes when used effectively knowledge sharing and organizational success are significantly increased social media for knowledge management applications in modern organizations is a pivotal reference source for the latest research findings on the role of social media information technology and knowledge management in business today featuring extensive coverage on relevant areas such as digital business resource management and consumer behavior this publication is an ideal resource for managers corporate trainers researchers academics and students interested in emerging perspectives on social media for knowledge management applications

digital femininities the gendered construction of cultural and political identities online examines the role of new media technologies in the production of girls cultural and political identities the book argues that the varied and complex spaces which make up our social media should be conceptualised as important terrains upon which neoliberal and postfeminist subjectivities can be both reproduced and subverted in doing so the book explores many key issues underpinning current debates around gender politics and digital media including gendered spatial politics visibility surveillance and regulation beauty politics and civic and political engagement and activism over the last decade the position of girls and young women within the digital landscape of social media has been a topic of much debate on the one hand girls social media practices are presented as a key site of concern wherein new digital technologies are said to have produced an intensification of individualised neoliberal and postfeminist identities conversely others have championed access to social media for young people as a potentially useful political tool enabling previously marginalised political subjects such as girls to access and participate within new and exciting political cultures locating itself at the intersection of these two approaches this book offers a fresh contribution to these debates based upon the findings from focus groups with girls and young women aged between 12 and 18 in england the book offers an in depth analysis of the digital cultures that emerged from the study this timely book will be essential reading for anyone interested in contemporary femininity and feminism and the role of digital media in the production of cultural political and gendered identities

the word mindset seems to be everywhere these days from self help books to school classrooms workplace boardrooms to the united nations there is a growing movement of people who are curious about how they can use the science of mindset to be the change in their life and the world but how well are we truly grappling with the true depth and complexity of mindset what might become possible through a deeper understanding of mindset science in this context a new series of 20 research papers emerges called foundations of mindset psychology this series serves two purposes first it is a call to action to help co shape a new paradigm of mindset psychology that is both comprehensive and practical for navigating the complexities of the 21st century second it shares a concrete example of what such a comprehensive and practical approach might look like drawing on the findings from one of the most extensive studies ever undertaken in the mindset field this research series invites readers to go on a journey of

exploration to critically examine conventional wisdom and develop a more holistic and nuanced understanding of the ways mindset can shape our lives and the life of society it includes the following papers 1 a new era of mindset psychology 2 third wave of mindset theory research and intervention 3 the fundamental nature of mindset 4 where is your mindset beyond the head and brain understanding mindset as an embodied and relational pattern 5 mindsetgenesis a theory of how mindset comes into being 6 an ecology of mindset 7 the dance of mind mindset mindfulness and presencing 8 mindset literacy a vital 21st century skill 9 do you have a mindset or does a mindset have you the subject object relationship 10 trauma informed approaches to mindset theory new directions in research 11 the difference between a fixed mindset and a frozen mindset a trauma informed theory 12 mindset and states of perception development and behaviour 13 mindset development and stage theory 14 mindset aware practice 15 mindset shift theory steps to a comprehensive science 16 post traumatic mindset shifts and paradigm shifts 17 what is a healthy mindset 18 mythbusting mindset examining 6 popular ideas 19 guided mindset journaling practice 20 the future of mindset how can you make a transformative contribution

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