

The Long Loneliness Audiobook

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senior citizens frequently referred to by the more inclusive term older adults are one of the largest and fastest growing demographics in the world public libraries have a duty to serve these individuals with the same level of care and opportunity for participation that is afforded to younger generations this book explores older adults values and needs and describes the many ways libraries can serve them in effective ways senior services today a practical guide for librarians is a comprehensive guide to library services for this important community chapters cover these critical areas engaging older adults in library programs and services understanding demographic differences marketing to older adults strategies programming ideas for older adults in the modern age enhancing technology accessibility for older adults community outreach serving outside the library specialty collections items continuing the library's relationship with an aging population while many times libraries tend to allocate budget and funding to flashier brighter programs aimed at a more youthful audiences this book shows how and why that same enthusiasm should be applied to crafting an engaging senior services plan gone are the conventional days of bingo and knitting circles while those programs certainly have their place this book aims to show that seniors also crave fun experiences alongside opportunities to make their own lives easier and more stress free and to illuminate how libraries can strike this balance by

offering an enriching senior services roster

jesus listens discussion guide is a companion to jesus listens by sarah young jesus listens the newest 365 day devotional prayer book from sarah young bestselling author of jesus calling takes you on a year long journey to develop a meaningful prayer life devotional prayers based on scripture will lead you into a deeper richer relationship with god

this book contains proven steps and strategies on how to rapidly lose weight by following the paleo diet if you follow the guidelines presented herein i do not doubt in my mind that you will be able to succeed in the 60 day paleo challenge as well the recipes and bits of advice found in this book serve to guide you in a direction that leads to improved overall health and stamina it is not about starving yourself or counting carbs the 60 day paleo challenge is more than a diet or any other kind of food regimen the 60 day paleo challenge is a distinct way of life delicious recipes that nourish the body and soul foods that are clean pure and perfect for staying in shape methods that encourage weight loss fill you up for hours at a time and make you feel better and more energetic here is a preview of what you ll learn understanding paleo paleo breakfast recipes paleo lunch recipes paleo dinner recipes paleo dessert recipes paleo snacks and smoothies and much much more this book demystifies the paleo diet providing a comprehensive introduction tailored for beginners it explains the diet s foundation on eating whole foods that our hunter gatherer ancestors might have consumed avoiding processed foods and sugars focusing on meats vegetables nuts and seeds this diet aims to support optimal health through nutritional principles that have sustained humans for millennia

leadership is not a destination leadership is an odyssey a voyage of discovery marked by changes of fortune and circumstances informed by successes and failures defined by how you behaved and who you have become the upside of being myself and other leadership stories is a unique opportunity to catch a breath step back and take a long hard reflective look at who you are as a leader and where your odyssey will take you powered by experience informed by the reality of operating in today s harsh realities and leveraging the insights gained from many leadership victories and defeats each essay creates an opportunity for reflection introspection and personal growth the book spans almost every aspect of leadership including the journey towards that mythical corner office the agility and flexibility of styles required for sustained success the art of crisp concise communication and the need for an internal compass to guide you on your journey ian russell draws on his 30 years of leadership experience from around the world using his irreverent light hearted but thought provoking prose to land key leadership messages further diverse and powerful leadership insights come from a number of contributing writers on politics large corporate life the public sector and entrepreneurial start ups the upside of being myself and other leadership stories is an investment of your time into your leadership odyssey this is not an opportunity you can pass by so pick up a copy settle down and enjoy

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