

Fitness For Living 4th Edition

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discover how the questions we ask ourselves and others can either expand our mindsets and open us up to exciting new possibilities or constrict our mindsets and limit our choices for successful change change your questions change your life is an international bestseller that has sold over 400 000 copies in twenty two languages people have discovered that when we're looking for answers we often forget to take the time to ask the right questions but as dr marilee adams shows intentionally using questions helps us make wiser choices find solutions and transform our personal and professional lives dr adams uses a highly engaging fable to illustrate how great results begin with great questions the book's hero ben knight learns such breakthrough insights and undergoes a transformative journey as we read how his coach takes him step by step through the twelve powerful tools of question thinking we also learn how to apply the same information and practical skills in our own lives at the center of this work is the choice map which provides a simple yet powerful image to predict the likely results of the questions we ask ourselves and others it tells us how to change our questions and our mindsets for the most rewarding outcomes the book contains a new chapter delving into what neuroscience reveals about managing our stresses and fears more effectively using methodssuch as those described in this book it includes powerful and practical tools that help readers switch from a constricting judger to an expansive learner mindset achieve the results they desire and foster breakthroughs

doody's score 91 4 stars this book's unfading preoccupation with social context social processes and social structures distinguishes itself and greatly contributes to the discourse in gerontology the gerontologist this is a comprehensive textbook for both undergraduate and graduate level courses detailing the impact of societal forces on the aging process the book

focuses on the diversity of the older population examining it from micro macro perspectives in order to understand aging and the life course as social phenomena this latest edition examines significant changes in the field of social gerontology such as the paradigms of aging and the life course the baby boomer cohorts as they approach retirement and later life the growing interest in global aging and civic engagement this text encourages students to examine aging from personal familial community societal and global perspectives including both the positive and negative realities of aging key features provides websites of interest at the end of each chapter presents provocative essays on love sex music medicine and crime to further expand on chapter contents provides review questions and key terms as study guides at the end of each chapter

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