

Redefining Realness Free Ebook

Zhang Yiming ByteDance and Beyond How to Be More You The Unbusy Life Geriatric Physical Therapy - eBook Daniel Ek The Sound of Spotify Intentional Identity Design The Internet and Formations of Iranian American-ness Media Literacy in Action Redefining Realness Words of Realness On Our Immediate Knowledge of the Realness of Reality

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founder of tiktok s parent company yiming revolutionized global content algorithms his creation reshaped media consumption and privacy debates in the digital age

how to be more you is a liberating guide to uncovering accepting and expressing your authentic self with identity exploration exercises values clarification and emotional unpacking it s a step by step guide to dropping the mask and embracing your truth

the unbusy life challenges the glorification of hustle and offers a blueprint for living with

intention presence and peace it encourages readers to slow down declutter schedules and say no to obligations that don't align this book is for those ready to stop surviving busy and start designing a calm conscious life

geriatric physical therapy offers a comprehensive presentation of geriatric physical therapy science and practice thoroughly revised and updated editors andrew guccione rita wong and dale avers and their contributors provide current information on aging related changes in function the impact of these changes on patient examination and evaluation and intervention approaches that maximize optimal aging chapters emphasize evidence based content that clinicians can use throughout the patient management process six new chapters include exercise prescription older adults and their families impaired joint mobility impaired motor control home based service delivery and hospice and end of life clinically accurate and relevant while at the same time exploring theory and rationale for evidence based practice it's perfect for students and practicing clinicians it's also an excellent study aid for the geriatric physical therapy specialization exam comprehensive coverage provides all the foundational knowledge needed for effective management of geriatric disorders content is written and reviewed by leading experts in the field to ensure information is authoritative comprehensive current and clinically accurate a highly readable writing style and consistent organization make it easy to understand difficult concepts tables and boxes organize and summarize important information and highlight key points for quick reference a well referenced and scientific approach provides the depth to understand processes and procedures theory mixed with real case examples show how concepts apply to practice and help you enhance clinical decision making skills standard apta terminology familiarizes you with terms used in practice a new chapter exercise prescription highlights evidence based exercise prescription and the

role of physical activity and exercise on the aging process a new chapter older adults and their families helps physical therapists understand the role spouses partners and adult children can play in rehabilitation from providing emotional support to assisting with exercise programs and other daily living activities new chapters on impaired joint mobility impaired motor control home based service delivery and hospice and end of life expand coverage of established and emerging topics in physical therapy incorporates two conceptual models the guide to physical therapist practice 2nd edition and the international classification of function disability and health icf of the world health organization who with an emphasis on enabling function and enhancing participation rather than concentrating on dysfunction and disability a companion evolve website includes all references linked to medline as well as helpful links to other relevant websites

ek s spotify changed how the world listens to music his focus on streaming artist access and innovation redefined an entire industry

intentional identity design invites you to become the architect of your self concept it explores how beliefs habits and environment shape who you are and how to redesign them to align with the person you want to become with reflection prompts and neuroscience backed strategies this book offers a step by step framework for creating a more empowered and aligned version of yourself

this book explores how the children of iranian immigrants in the us utilize the internet and develop digital identities taking los angeles the long time media and cultural center of iranian diaspora as its ethnographic field site it investigates how various web platforms are embedded within the everyday social cultural and political lives of second generation iranian americans

donya alinejad unpacks contemporary diasporic belonging through her discussion of the digital mediation of race memory and long distance engagement in the historic iranian green movement the book argues that web media practices have become integral to iranian american identity formation for this generation and introduces the notion of second generation digital styles to explain how specific web applications afford new stylings of diaspora culture

there s never been a more important time for students to develop media literacy competencies when students ask critical questions about the media they consume they develop fundamental knowledge and critical thinking skills that prepare them for life work and meaningful citizenship media literacy in action addresses learners who are simultaneously active as both creators and consumers of media messages at the same time the book recognizes that everyone is vulnerable to media influence because of our dependence on the instant gratification and feelings of connectedness that digital platforms provide to thrive in a media saturated society people need to ask critical questions about what we watch see listen to read and use this book gives students those tools key features of the second edition critical examination of ai technologies algorithmic personalization data privacy and surveillance and the increased global regulation of digital platforms attention to media literacy for empowerment and protectioninquiry oriented approach to learning that cultivates intellectual curiosity and creative expressionfull color presentation with figures and photos to increase student engagement each chapter includes media literacy trailblazers profiles of key thinkers and their theories connect students with the discipline of media literacymedia literacy discourse new visual representations of media literacy theoretical principles help learners internalize the practice of asking critical questions as they respond to specific media exampleslearning in action new summary and vocabulary sections combine with analyze

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