





you feel brighter, in all ways." — The Guardian (U. K.)

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Whether you use budget, schedule, quality, or other criteria, the statistics by think tanks, institutes, associations, and other trade organizations all point to one inescapable conclusion: your project has a greater chance of getting into trouble than staying out of it. Based on the lessons learned by the author during a quarter of a century of lea

People who suffer from chronic pain are typically found to be more anxious and fearful of pain than those who do not. Recent evidence has shown that the pain itself serves as a mechanism through which chronic pain is maintained over time. Even once the muscle or tissue damage is healed, a fear of further pain can lead to avoidance behavior, which over time, leads to deconditioning (e.g. decreased mobility, weight gain). This in turn leads to further experiences, negative expectancies, and strengthened avoidance. It is the reciprocal relationship between fear and avoidance that is thought to be responsible for maintaining pain behavior and disability. With fear of pain known to cause significant suffering and functional disability, there is a need for a greater understanding of this condition. This is the first book to explore this topic. It starts by introducing the current theoretical positions regarding pain-related fear and anxiety along with relevant empirical findings. It then provides comprehensive coverage of assessment issues and treatment strategies. Finally, the book suggests further areas for investigation. Pain-related fear and anxiety are now receiving considerable attention, and efficient and effective treatments are fast becoming available. This book will help guide and extend our understanding of a condition that has been shown to be associated with substantial suffering and disability.

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Modern psychiatry attributes psychological suffering to functional disturbances of the brain. This approach, based on precise outside observation combined with advanced technology, renders the individual ever more an object of examination and treatment. The author of Soul Hunger adds another dimension by arguing for a differentiated perception of inner experience. His basic hypothesis: the more high tech there is, the more important high touch becomes. The more psychiatry is influenced by neuroimaging and neurogenetics as a viewpoint from the outside, the more an affected individual needs inner groundedness, a mindful inclusion of personal experience. Daniel Hell explains that many psychological disturbances can be attributed to contradictions between a self-image and actual experience. This tension-filled discrepancy is illustrated in detail with examples from the development of depressive, anxiety and adjustment disorders. At the same time, it is shown how it is vital, in dealing with tensions, to carefully perceive arising feelings and thoughts. This book is divided into three parts. In a first historical section, a short history of the soul and its treatment (psychiatry) is presented. The second part consists of a conceptual description of the necessity of an inner and an outer point of view for understanding and treating psychological disturbances. The third part describes the practical application of this approach to some of the most frequent mental disorders, such as depression.

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'parenting' is a surprisingly new invention. In the past thirty years, the concept of parenting and the multibillion dollar industry surrounding it have transformed child care into obsessive, controlling, and goal-oriented labor intended to create a particular kind of child and therefore a particular kind of adult. In The Gardener and the Carpenter, the pioneering developmental psychologist and philosopher Alison Gopnik argues that the familiar twenty-first-century picture of parents and children is profoundly wrong--it's not just based on bad science, it's bad for kids and parents, too. Drawing on the study of human evolution and her own cutting-edge scientific research into how children learn, Gopnik shows that although caring for children is profoundly important, it is not a matter of shaping them to turn out a particular way. Children are designed to be messy and unpredictable, playful and imaginative, and to be very different both from their parents and from each other. The variability and flexibility of childhood lets them innovate, create, and survive in an unpredictable world. 'Parenting' won't make children learn--but caring parents let children learn by creating a secure, loving environment."--Provided by publisher.

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A new, fully revised edition of Roger Baker's highly regarded book on panic attacks and other fear-related conditions. Baker sets out in clear and concise language a psychological self-help programme for panic sufferers, answering important questions such as: What is a panic attack? What does it feel like? What causes attacks? Can they be cured? 'A full recovery is possible,' explains Baker. 'It certainly is not easy, nor quick, but it definitely is possible.'

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Gay Hendricks is a great role model for true success. He enjoys abundance and a deep connection with his own spiritual essence, and at the same time has lived for three decades in a thriving marriage. Now, he shows us how to do it for ourselves. Mark Victor Hansen, co-author of Cracking the Millionaire Code In The Big Leap, Gay Hendricks, the New York Times bestselling author of Five Wishes, demonstrates how to eliminate the barriers to success by overcoming false fears and beliefs. Fans of Wayne Dyer, Eckhart Tolle, Marianne Williamson, and The Secret will find useful, effective tips for breaking down the walls to a better life in The Big Leap."

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