

Worried Sick How Stress Hurts Us And How To Bounce Back

Coping with Stress Encyclopedia of the Life Course and Human Development New Jersey's Postsuburban Economy Permission to Feel The Mindful Way Through Anxiety Lost Connections Good Moms Have Scary Thoughts An Introduction to Sociology Pediatric Nursing, Psychiatric and Surgical Issues All Birds Have Anxiety Medical Sociology Mammographies Handbook of Aging and the Social Sciences Your Body Speaks Your Mind Psychiatry: a Very Short Introduction Making Up with Mom Health, Illness, and Society On Racial Icons Running Dry What to Do When You Worry Too Much Creating Mental Illness Worried Sick Essentials of Sociology Superpowered Why Zebras Don't Get Ulcers It's Not All in Your Head The Ultimate Back Book Women on Their Own Overcoming Secondary Stress in Medical and Nursing Practice Beautiful Failures The Art and Science of Social Research Preventing Bullying Through Science, Policy, and Practice It's Not All in Your Head Spousal Bereavement in Late Life Beauty Sick How to Stop Feeling Like Sh*t Guts Golden Years? Paging Dr. Within Marijuana As Medicine?

Coping with Stress

Life as a bird can be stressful! From worrying about airplanes, windows, and getting enough worms to eat, it is clear that birds can be anxious beings. Through a light-touch, quizzical depiction of bird behaviour, *All Birds Have Anxiety* uses colourful images and astute explanations to explore with gentle humour what it means to live with anxiety day-to-day, and how to begin to deal with it. Following the style of the best-selling *All Cats Have Asperger Syndrome* and *All Dogs Have ADHD*, wonderful colour photographs express the complex and difficult ideas related to anxiety disorder in an easy-to-understand way. This simple yet profound book validates the deeper everyday experiences of anxiety, provides an empathic understanding of the many symptoms associated with anxiety, and offers compassionate suggestions for change. The combination of understanding and gentle humour make this the ideal introduction to anxiety disorder for those diagnosed with this condition, their family and friends and those generally interested in understanding anxiety.

Encyclopedia of the Life Course and Human Development

New Jersey's Postsuburban Economy

The mental well-being of children and adults is shockingly poor. Marc Brackett, author of *Permission to Feel*, knows why. And he knows what we can do. "We have a crisis on our hands, and its victims are our children." Marc Brackett is a professor in Yale University's Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle

who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the beginning of Marc's awareness that what he was going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't "wrong" to feel scared, isolated, and angry. Now, best of all, he could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc's development of RULER and his way to share the strategies and skills with readers around the world. It is tested, and it works. This book combines rigor, science, passion and inspiration in equal parts. Too many children and adults are suffering; they are ashamed of their feelings and emotionally unskilled, but they don't have to be. Marc Brackett's life mission is to reverse this course, and this book can show you how.

Permission to Feel

Young women today have infinitely more options than their mothers and grandmothers did decades ago. "Should I become a doctor, a writer, or a stay-at-home mom?" "Should I get married or live with my boyfriend?" "Do I want children?" Women in their twenties, thirties, and forties today are wrestling with life-altering decisions about work and family—and they need all the support they can get. But the very person whose support they crave most—their mother—often can't get on board, and a rift is created between the two generations, even for women who have always had a strong relationship. A mother's simple question, like "How can you trust a nanny to watch your children all day?" can bring her poised, accomplished CEO daughter to tears, or provoke a nasty response more suitable to a surly teenager than a leader of industry. Why can't mothers and daughters today see eye to eye when it comes to important choices about love, work, children, money, and personal fulfillment? Why does a mother's approval matter so much, even to the most confident and self-possessed daughter? And when daughters choose paths different from their mothers', why is it so painful for the older generation? Making Up with Mom answers these important questions by focusing on three core issues: dating/marriage, career, and child rearing. Relying on interviews with nearly a hundred mothers and daughters, and offering helpful tips from more than two dozen therapists, Julie Halpert and Deborah Carr explore a wide range of communication issues and how to resolve them, so mothers and daughters everywhere can reclaim their loving relationships. This enlightening book is a must-read for all women today. Advance Praise for Making Up with Mom "A sympathetic, helpful, and accurate look at a topic that affects us all and grows more important every day." —Kathleen Gerson, professor of sociology at New York University and author of Hard Choices: How Women Decide About Work, Career, and Motherhood "A well-written, thoughtful book that could help every mother and daughter connect—or reconnect—at a deeper, more fulfilling level." —Alvin Rosenfeld, M.D., coauthor of The Over-Scheduled Child: Avoiding the Hyper-Parenting Trap and lecturer at Harvard Medical School "If Nancy Friday's My Mother, My Self helped a generation of daughters understand their conflicted relationships with their mothers almost thirty years ago, Making Up with Mom may well be the book that helps mothers and daughters today understand both themselves and each other. It is a book I've been waiting for." —Deborah Siegel, Ph.D., author

of Sisterhood, Interrupted: From Radical Women to Grrls Gone Wild "Making Up with Mom is a must-read for women who want better relationships with their mothers or daughters (or both!). The book is chock-full of support and good sound advice, culled from the authors' interviews with many women across generations. . . . This practical book considers many of the most important issues that women face, and in so doing it invites the readers, both mothers and daughters, to find ways to relate to each other in healthier and more effective ways. . . . A good, thorough read." —Dr. Dorothy Firman, coauthor of *Daughters and Mothers: Making It Work*, *Chicken Soup for the Mother & Daughter Soul*, and *Chicken Soup for the Father & Son Soul*

The Mindful Way Through Anxiety

Nothing will ever be as easy as your school years,' well-meaning adults told her, but I knew for my daughter, and for many kids who have struggled as square pegs trying to make themselves round, this was dead wrong. When Lucy Clark's daughter graduated from school a 'failure', she started asking questions about the way we measure success. Why is there so much pressure on kids today? Where does it come from? Most importantly, as we seem to be in the grip of an epidemic of anxiety, how can we reduce that pressure? Beautiful Failure explores, through personal experience and journalistic investigation, a broken education system that fails too many kids and puts terrible pressure on all kids, including those who 'succeed'. It challenges accepted wisdoms about schooling, calls on parents to examine their own expectations, and questions the purpose of education, and indeed the purpose of childhood.

Lost Connections

Shapiro explains why unresolved psycho/emotional issues can affect physical health, how feelings and thoughts are linked to specific body parts, and steps to take to heal the body with the mind, and to heal the mind with the body.

Good Moms Have Scary Thoughts

As a Patient - Would you like a "Patient Listener"? Are you tired of Medicine/Treatment "Trial and Error", at your expense? Are you tired of being shuffled from one Doctor to another? Do you want to "get better" and "stay better"? As a Doctor — Would you like more good information from Patients, relevant to their symptoms? Would you like to help Patients "get better" and "stay better"? Are you open to venturing out of your "comfort zone" in diagnosing and treating patients? Do you sometimes wonder if there is more to diagnosing/treating than what you were taught in Medical School? As a Health/Medical Innovator, Inventor, Engineer, Writer, other Creative Person — Are you looking for some new ideas? Would you like to "Interface" with the "Dr. Within" each of us? As an Insurance Company - Would you like to "pay out" less? If you answered yes to any of the above, maybe this book is for you. This book describes the Concepts of a "Patient Listener" and a "Super Symptom Checker" — Human, Computer, and/or Computer-Assisted Human — Considering the "Big Picture" around Health and/or Symptoms. This book is about 250 pages, a little over half written text. The remainder contains many Reference Links, from which you can build upon

and learn from. The author of this book has set up Discussion Groups for this book to help others share, network, collaborate, etc. *** Use of the Information in this book may help the Patient, Doctor, and/or Others "Get Better". Some common Side Effects may include: A better understanding of what affects Health and Symptoms, Seeing the big picture surrounding Symptoms, Better health, less dependence on medication/treatment, generally "feeling better", Experiencing less perceived stress, more contentment with self and life, Perceiving more control of your life, in general, realizing there are always options no matter what, New insights on what could be done to make "it" better. Note - Continued Use of the Information in this book may result in "Staying Better". Ask your Doctor if "Getting Better" and "Staying Better" are right for you. :-)

An Introduction to Sociology

The perfect tool for children facing new social and emotional challenges in an increasingly disconnected world! This how-to book from two psychology experts--packed with fun graphics and quizzes--will help kids transform stress, worry, and anxiety. Give it to fans of The Confidence Code for Girls and Raina Telgemeier's Guts. Now more than ever, kids need to feel empowered as they work through anxiety, overwhelm, and uncertainty brought on by the world around them. With its helpful, hands-on suggestions and tips, SUPERPOWERED will be embraced by every kid with insecurities, worries, and anxious thoughts. Renee Jain (founder of GoZen!) and Dr. Shefali Tsabary (New York Times bestselling author and Oprah contributor) make readers the superheroes of their own stories. They introduce a toolkit of easy-to-understand methods for recognizing anxious behaviors, identifying the root causes of worried thinking, and realizing that strength can be found in reclaiming one's inner superpowers. With the help of humorous artwork and interactive elements, readers find their P.O.W.E.R. (an acronym that inspires mindfulness and resilience practices) and gain lasting mental strength.

Pediatric Nursing, Psychiatric and Surgical Issues

Psychiatry is an endlessly controversial endeavor, incorporating emotively-charged questions over the reality of mental illness, the medicalization of everyday life, and the role of nature versus nurture which cause constant discussion today, and on which almost everyone has an opinion. In this Very Short Introduction Tom Burns explores the nature of psychiatry, focusing on what it can and cannot do, and discussing why its history has been beset by dramatic shifts in emphasis and types of treatment. Considering the main disorders that have shaped its practice (such as schizophrenia and manic depression), he analyzes how it differs from (and overlaps with) psychology and psychotherapy. Many of the controversies arise from its dual origin 200 years ago and the separate development of psychiatry with a more "medical" approach in the asylums, rather than the psychological approach which birthed psychoanalysis and various forms of psychotherapy. Discussing philosophical issues of psychiatry's legitimacy, Burns explores the mistakes psychiatry has made and the blind alleys in its history, before looking forward to the likely changes in its practice with the coming of artificial intelligence and virtual reality. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis,

perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

All Birds Have Anxiety

Judylaine Fine establishes that in most cases a thoughtful combination of therapies and approaches, rather than a single treatment, is the best way to deal with what can be a mysterious and heartbreaking affliction. If you suffer from back pain, you will find more than just physical comfort in *The Ultimate Back Book*. With its personal, down-to-earth, and, at times, irreverent style, you will find the inspiration you need to fight and ultimately conquer your pain.

Medical Sociology

In this surprising book, Allan V. Horwitz argues that our current conceptions of mental illness as a disease fit only a small number of serious psychological conditions and that most conditions currently regarded as mental illness are cultural constructions, normal reactions to stressful social circumstances, or simply forms of deviant behavior. "Thought-provoking and important. . . Drawing on and consolidating the ideas of a range of authors, Horwitz challenges the existing use of the term mental illness and the psychiatric ideas and practices on which this usage is based. . . . Horwitz enters this controversial territory with confidence, conviction, and clarity."—Joan Busfield, *American Journal of Sociology*
"Horwitz properly identifies the financial incentives that urge therapists and drug companies to proliferate psychiatric diagnostic categories. He correctly identifies the stranglehold that psychiatric diagnosis has on research funding in mental health. Above all, he provides a sorely needed counterpoint to the most strident advocates of disease-model psychiatry."—Mark Sullivan, *Journal of the American Medical Association*
"Horwitz makes at least two major contributions to our understanding of mental disorders. First, he eloquently draws on evidence from the biological and social sciences to create a balanced, integrative approach to the study of mental disorders. Second, in accomplishing the first contribution, he provides a fascinating history of the study and treatment of mental disorders. . . from early asylum work to the rise of modern biological psychiatry."—Debra Umberson, *Quarterly Review of Biology*

Mammographies

Comments like "I'm worried sick" convey the conventional wisdom that being "stressed out" will harm our health. Thousands of academic studies reveal that stressful life events (like a job loss), ongoing strains (like burdensome caregiving duties), and even daily hassles (like traffic jams on the commute to work) affect every aspect of our physical and emotional well-being. Cutting through a sea of scientific research and theories, *Worried Sick* answers many questions about how stress gets under our skin, makes us sick, and how and why people cope with stress differently. Included are several standard stress and coping checklists, allowing readers to gauge their own stress levels. We have all experienced stressful times—maybe a major work deadline or relocating cross-country for a new job—when we came out unscathed, feeling not only emotionally and physically healthy, but better than we did prior to the crisis. Why do some people withstand adversity without a scratch,

while others fall ill or become emotionally despondent when faced with even a seemingly minor hassle? Without oversimplifying the discussion, Deborah Carr succinctly provides readers with key themes and contemporary research on the concept of stress. Understanding individuals' own sources of strength and vulnerability is an important step toward developing personal strategies to minimize stress and its unhealthy consequences. Yet Carr also challenges the notion that merely reducing stress in our lives will help us to stay healthy. Many of the stressors that we face in everyday life are not our problems alone; rather, they are symptoms of much larger, sweeping problems in contemporary U.S. society. To readers interested in the broad range of chronic, acute, and daily life stressors facing Americans in the twenty-first century, as well as those with interest in the many ways that our physical and emotional health is shaped by our experiences, this brief book will be an immediate and quick look at these significant issues. View a three minute video of Deborah Carr speaking about Worried Sick.

Handbook of Aging and the Social Sciences

"Teaches school-age children cognitive-behavioral techniques to reduce and overcome anxiety, fears, and worry, through writing and drawing activities and self-help exercises and strategies. Includes introduction for parents"--Provided by publisher.

Your Body Speaks Your Mind

This engaging text provides a sociological perspective on health, illness, and health care. Serving as an introduction to medical sociology for undergraduate and graduate students, it also presents a summary of the field for medical sociologists and for public health scholars and practitioners. A highlight of the text is its emphasis on the social roots of health and disease and on the impact of social inequality on health disparities and the quality of health care. The book also critically examines health care in the United States and around the world and evaluates the achievements and limitations of the Affordable Care Act and other recent health care reform efforts.

Psychiatry: a Very Short Introduction

THE INTERNATIONAL BESTSELLER 'A book that could actually make us happy' SIMON AMSTELL 'This amazing book will change your life' ELTON JOHN 'One of the most important texts of recent years' BRITISH JOURNAL OF GENERAL PRACTICE 'Brilliant, stimulating, radical' MATT HAIG 'The more people read this book, the better off the world will be' NAOMI KLEIN 'Wonderful' HILLARY CLINTON 'Eye-opening' GUARDIAN 'Brilliant for anyone wanting a better understanding of mental health' ZOE BALL 'A game-changer' DAVINA MCCALL 'Extraordinary' DR MAX PEMBERTON 'Beautiful' RUSSELL BRAND Depression and anxiety are now at epidemic levels. Why? Across the world, scientists have uncovered evidence for nine different causes. Some are in our biology, but most are in the way we are living today. Lost Connections offers a radical new way of thinking about this crisis. It shows that once we understand the real causes, we can begin to turn to pioneering new solutions — ones that offer real hope.

Making Up with Mom

For everyone who loved *You Are a Badass* and *The Subtle Art of Not Giving a F*ck* -- a cut-through-the-crap guide to quitting the self-destructive habits that undermine happiness and success *How to Stop Feeling Like Sh*t* is a straight-shooting approach to self-improvement for women, one that offers no-crap truth-telling about the most common self-destructive behaviors women tend to engage in. From listening to the imposter complex and bitchy inner critic to catastrophizing and people-pleasing, Andrea Owen -- a nationally sought-after life coach -- crystallizes what's behind these invisible, undermining habits. With each chapter, she kicks women's gears out of autopilot and empowers them to create happier, more fulfilling lives. Powerfully on-the-mark, the chapters are short and digestible, nicely bypassing weighty examinations in favor of punch-points of awareness.

Health, Illness, and Society

A true story from Raina Telgemeier, the #1 New York Times bestselling, multiple Eisner Award-winning author of *Smile*, *Sisters*, *Drama*, and *Ghosts*!

On Racial Icons

The world's water is under siege. A combination of corporate greed, the elite pursuit of political power, and our unrelenting reliance on carbon-based energy is accelerating a broad range of environmental and political crises. Potentially catastrophic climate change, driven primarily by the consumption of oil and gas, threatens the environment in a variety of ways, including producing unprecedented patterns of heavy weather and superstorms in some places and droughts in others. Alongside intensifying environmental dangers posed by our reliance on carbon energy, the conditions of modern life, from happiness to the possibility of democratic politics, are also being undermined. In *Running Dry*, historian Toby Craig Jones explores how modern society's unquenchable thirst for carbon-based energy is endangering the environment broadly, as well as the historical roots of this threat. This accessible book examines the history of the "energy-water nexus," the ways in which oil and gas extraction poison and dry up water resources, the role of corporate "science" in deflecting attention away from the emerging crises, and the ways in which the rush to capture more energy is also challenging America's democratic order.

Running Dry

The book is not a classic pediatric text book. It shows different approaches to some pediatric topics. Our aim in this book, as understood from its title, is to describe some specific issues related to nursing, psychiatric and surgical issues. The book *Pediatric Nursing, Psychiatric and Surgical Issues* has 8 chapters which are placed in 4 different sections, to enlighten patients and pediatricians on current developments on specific pediatric issues.

What to Do When You Worry Too Much

What meaning does the American public attach to images of key black political, social, and cultural figures? Considering photography's role as a means of documenting historical progress, what is the representational currency of these images? How do racial icons "signify"? Nicole R. Fleetwood's answers to these questions will change the way you think about the next photograph that you see depicting a racial event, black celebrity, or public figure. In *On Racial Icons*, Fleetwood focuses a sustained look on photography in documenting black public life, exploring the ways in which iconic images function as celebrations of national and racial progress at times or as a gauge of collective racial wounds in moments of crisis. Offering an overview of photography's ability to capture shifting race relations, Fleetwood spotlights in each chapter a different set of iconic images in key sectors of public life. She considers flash points of racialized violence in photographs of Trayvon Martin and Emmett Till; the political, aesthetic, and cultural shifts marked by the rise of pop stars such as Diana Ross; and the power and precarity of such black sports icons as Serena Williams and LeBron James; and she does not miss Barack Obama and his family along the way. *On Racial Icons* is an eye-opener in every sense of the phrase. Images from the book.

(<http://rutgerspress.rutgers.edu/pages/Fleetwood.aspx>)

Creating Mental Illness

This is a companion volume to *Coping: The Psychology of What Works*, which is also edited by Snyder. This second book includes chapters by some of the most well known clinical and health psychologists and covers some of the newest and most provocative topics currently under study in the area of coping. The contributors address the key questions in this literature: Why do some of us learn from hardship and life's stressors? And why do others fail and succumb to depression, anxiety, and even suicide? What are the adaptive patterns and behaviors of those who do well in spite of the obstacles that are thrown their way? The chapters will look at exercise as a way of coping with stress, body imaging, the use of humor, forgiveness, control of hostile thoughts, ethnicity and coping, sexism and coping aging and relationships, constructing a coherent life story, personal spirituality, and personal growth.

Worried Sick

The *Encyclopedia of the Life Course and Human Development* examines three key life stages from a sociological perspective, exploring how enduring experiences, as well as transitions and events such as childcare, education, stress, marriage, career, addiction, friendship, parenthood, disease, spirituality, and retirement influence the individual's life course. The nearly 400 entries in this three-volume set are organized by life stage: Childhood and Adolescence; Adulthood; and Later Life. Included in each is an overview essay that features a detailed discussion of that stage of human development, followed by signed entries that apply sociological as well as economic, biological, psychological, and educational perspectives to a range of topics. Also covered are sociological theories and their significance to life course study; the impact of social and government policies; and racial, gender, and geographic patterns of many life course phenomena. Entries are

heavily illustrated with photos, graphs, charts, and tables. Also included is coverage of research methods and key data sources, which enhance and reinforce the topical entries, as well as a glossary, thematic outline, annotated bibliography, and cumulative index.

Essentials of Sociology

Where do you go for help when no one believes you're really sick? The doctors can't explain your symptoms, but you know there's something wrong because you can sense it in your body. Living with the specter of an unresolved health issue isn't just painful, it's isolating. The preoccupation and stress it causes can disrupt your career or interfere with personal relationships. If you continually experience symptoms of illness, or worry a lot about disease, you may be suffering from health anxiety--a condition that can produce physical effects of its own, including muscle tension, nausea, and a quickened heart rate. In this compassionate and empowering book, noted psychologists Gordon J. G. Asmundson and Steven Taylor provide simple and accurate self-tests designed to help you understand health anxiety and the role it might be playing in how you feel. Concrete examples and helpful exercises show you how to change thought and behavior patterns that contribute to the aches, pains, and anxiety you're experiencing. The authors also explain how to involve friends and family--and when to seek professional help--as you learn to stay well without worry. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

Superpowered

Bullying has long been tolerated as a rite of passage among children and adolescents. There is an implication that individuals who are bullied must have "asked for" this type of treatment, or deserved it. Sometimes, even the child who is bullied begins to internalize this idea. For many years, there has been a general acceptance and collective shrug when it comes to a child or adolescent with greater social capital or power pushing around a child perceived as subordinate. But bullying is not developmentally appropriate; it should not be considered a normal part of the typical social grouping that occurs throughout a child's life. Although bullying behavior endures through generations, the milieu is changing. Historically, bullying has occurred at school, the physical setting in which most of childhood is centered and the primary source for peer group formation. In recent years, however, the physical setting is not the only place bullying is occurring. Technology allows for an entirely new type of digital electronic aggression, cyberbullying, which takes place through chat rooms, instant messaging, social media, and other forms of digital electronic communication. Composition of peer groups, shifting demographics, changing societal norms, and modern technology are contextual factors that must be considered to understand and effectively react to bullying in the United States. Youth are embedded in multiple contexts and each of these contexts interacts with individual characteristics of youth in ways that either exacerbate or attenuate the association between these individual characteristics and bullying perpetration or victimization. Recognizing that bullying behavior is a major public health problem that demands the concerted and coordinated time and attention of parents, educators and school administrators, health care providers, policy makers, families, and others concerned with the care of children, this report evaluates the state of the science on biological and psychosocial consequences of peer victimization and the risk and protective factors that either increase or decrease peer victimization behavior and consequences.

Why Zebras Don't Get Ulcers

For upper-division undergraduate/beginning graduate-level courses in Medical Sociology, and for Behavioral Science courses in schools of Public Health, Medicine, Pharmacy, and Nursing. A comprehensive overview of the most current issues in medical sociology. The standard text in the field, *Medical Sociology* presents the discipline's most recent and relevant ideas, concepts, themes, issues, debates, and research findings. To draw students into the course, author Dr. William Cockerham integrates engaging first-person accounts from patients, physicians, and other health care providers throughout the text. The Thirteenth Edition addresses the current changes stemming from health care reform in the United States, and other issues that reflect the focus of the field today.

It's Not All in Your Head

Thanks to advances in technology, medicine, Social Security, and Medicare, old age for many Americans is characterized by comfortable retirement, good health, and fulfilling relationships. But there are also millions of people over 65 who struggle with poverty, chronic illness, unsafe housing, social isolation, and mistreatment by their caretakers. What accounts for these disparities among older adults? Sociologist Deborah Carr's *Golden Years?* draws insights from multiple disciplines to illuminate the complex ways that socioeconomic status, race, and gender shape the nearly every aspect of older adults' lives. By focusing on an often-invisible group of vulnerable elders, *Golden Years?* reveals that disadvantages accumulate across the life course and can diminish the well-being of many. Carr connects research in sociology, psychology, epidemiology, gerontology, and other fields to explore the well-being of older adults. On many indicators of physical health, such as propensity for heart disease or cancer, black seniors fare worse than whites due to lifetimes of exposure to stressors such as economic hardships and racial discrimination and diminished access to health care. In terms of mental health, Carr finds that older women are at higher risk of depression and anxiety than men, yet older men are especially vulnerable to suicide, a result of complex factors including the rigid masculinity expectations placed on this generation of men. Carr finds that older adults' physical and mental health are also closely associated with their social networks and the neighborhoods in which they live. Even though strong relationships with spouses, families, and friends can moderate some of the health declines associated with aging, women—and especially women of color—are more likely than men to live alone and often cannot afford home health care services, a combination that can be isolating and even fatal. Finally, social inequalities affect the process of dying itself, with white and affluent seniors in a better position to convey their end-of-life preferences and use hospice or palliative care than their disadvantaged peers. Carr cautions that rising economic inequality, the lingering impact of the Great Recession, and escalating rates of obesity and opioid addiction, among other factors, may contribute to even greater disparities between the haves and the have-nots in future cohorts of older adults. She concludes that policies, such as income supplements for the poorest older adults, expanded paid family leave, and universal health care could ameliorate or even reverse some disparities. A comprehensive analysis of the causes and consequences of later-life inequalities, *Golden Years?* demonstrates the importance of increased awareness, strong public initiatives, and creative community-based programs in ensuring that all Americans have an opportunity to age well.

The Ultimate Back Book

Some people suffer from chronic, debilitating disorders for which no conventional treatment brings relief. Can marijuana ease their symptoms? Would it be breaking the law to turn to marijuana as a medication? There are few sources of objective, scientifically sound advice for people in this situation. Most books about marijuana and medicine attempt to promote the views of advocates or opponents. To fill the gap between these extremes, authors Alison Mack and Janet Joy have extracted critical findings from a recent Institute of Medicine study on this important issue, interpreting them for a general audience. *Marijuana As Medicine?* provides patients--as well as the people who care for them--with a foundation for making decisions about their own health care. This empowering volume examines several key points, including: Whether marijuana can relieve a variety of symptoms, including pain, muscle spasticity, nausea, and appetite loss. The dangers of smoking marijuana, as well as the effects of its active chemical components on the immune system and on psychological health. The potential use of marijuana-based medications on symptoms of AIDS, cancer, multiple sclerosis, and several other specific disorders, in comparison with existing treatments. *Marijuana As Medicine?* introduces readers to the active compounds in marijuana. These include the principal ingredient in Marinol, a legal medication. The authors also discuss the prospects for developing other drugs derived from marijuana's active ingredients. In addition to providing an up-to-date review of the science behind the medical marijuana debate, Mack and Joy also answer common questions about the legal status of marijuana, explaining the conflict between state and federal law regarding its medical use. Intended primarily as an aid to patients and caregivers, this book objectively presents critical information so that it can be used to make responsible health care decisions. *Marijuana As Medicine?* will also be a valuable resource for policymakers, health care providers, patient counselors, medical faculty and students--in short, anyone who wants to learn more about this important issue.

Women on Their Own

One of the greatest challenges people face when dealing with an unpredictable disease such as Multiple Sclerosis is learning to overcome the psychological burden of not knowing what each day will bring. MS is a true roller coaster of emotions and dealing with these feelings is a critical issue for people living with the disease. According to WebMD, symptoms of depression severe enough to warrant medical intervention affect up to half of all people living with MS. *It's Not All in Your Head* is a cognitive-behavioral approach to overcoming the depression, anxiety, and stress that goes hand-in-hand with MS. Dr. Farrell helps individuals and their families develop a better understanding of the effects that MS has on mood levels and anxiety and offers a plan of simple remediation in a self-help format. *It's Not All in Your Head* shows that: MS patients' depression and anxiety can be related to their medical condition Exercise can promote growth in brain connections and help alleviate depression Pain severity in MS can be lessened through stemming anxiety Social involvement is key to maintaining mental and physical health

Overcoming Secondary Stress in Medical and Nursing Practice

Over 90 percent of new mothers will have scary, intrusive thoughts about their baby and themselves. What if I drop him? What if I snap and hurt my baby? Mothering is so hard—I don't know if I really want to do this anymore. Gosh, I'm so terrible for thinking that! Yet for too many mothers, those thoughts remain secret, hidden away in a place of shame that can quickly grow into anxiety, postpartum depression, and even self-harm. But here's the good news: you CAN feel better! Author Karen Kleiman—coauthor of the seminal book *This Isn't What I Expected* and founder of the acclaimed Postpartum Stress Center—comes to the aid of new mothers everywhere with a groundbreaking new source of hope, compassion, and expert help. *Good Moms Have Scary Thoughts* is packed with world-class guidance, simple exercises, and nearly 50 stigma-busting cartoons from the viral #speakthesecret campaign that help new moms validate their feelings, share their fears, and start feeling better. Lighthearted yet serious, warm yet not sugary, and perfectly portioned for busy moms with full plates, *Good Moms Have Scary Thoughts* is the go-to resource for moms, partners, and families everywhere who need help with this difficult period.

Beautiful Failures

This volume provides insightful analysis and theoretical interpretation of factors that contribute to a range of adjustment patterns among bereaved persons in late life. It places the experience of widowhood in late life squarely within the context of contemporary society and explores a remarkable range of associated issues. The volume is destined to become a classic; it will set the standard for future empirical investigation of the experience of bereavement among older adults. For Further Information on the CLOC Study, Please Click on CLOC

The Art and Science of Social Research

Preventing Bullying Through Science, Policy, and Practice

An award-winning Northwestern University psychology professor reveals how the cultural obsession with women's appearance is an epidemic that harms women's ability to get ahead and to live happy, meaningful lives, in this powerful, eye-opening work in the vein of Naomi Wolf, Peggy Orenstein, and Sheryl Sandberg. Today's young women face a bewildering set of contradictions when it comes to beauty. They don't want to be Barbie dolls but, like generations of women before them, are told they must look like them. They're angry about the media's treatment of women but hungrily consume the very outlets that belittle them. They mock modern culture's absurd beauty ideal and make videos exposing Photoshopping tricks, but feel pressured to emulate the same images they criticize by posing with a "skinny arm." They understand that what they see isn't real but still download apps to airbrush their selfies. Yet these same young women are fierce fighters for the issues they care about. They are ready to fight back against their beauty-sick culture and create a different world for themselves, but they need a way forward. In *Beauty Sick*, Dr. Renee Engeln, whose TEDx talk on beauty sickness has received more than 250,000 views, reveals the shocking consequences of our obsession with girls' appearance on their emotional and physical health and their wallets and ambitions, including depression, eating disorders, disruptions in cognitive processing, and lost money and time. Combining scientific studies with the

voices of real women of all ages, she makes clear that to truly fulfill their potential, we must break free from cultural forces that feed destructive desires, attitudes, and words—from fat-shaming to denigrating commentary about other women. She provides inspiration and workable solutions to help girls and women overcome negative attitudes and embrace their whole selves, to transform their lives, claim the futures they deserve, and, ultimately, change their world.

It's Not All in Your Head

Despite what would seem some apparent likenesses, single men and single women are perceived in very different ways. Bachelors are rarely considered "lonely" or aberrant. They are not pitied. Rather, they are seen as having chosen to be "footloose and fancy free" to have sports cars, boats, and enjoy a series of unrestrictive relationships. Single women, however, do not enjoy such an esteemed reputation. Instead they have been viewed as abnormal, neurotic, or simply undesirable—attitudes that result in part from the long-standing belief that single women would not have chosen her life. Even the single career-woman is seldom viewed as enjoying the success she has achieved. No one believes she is truly fulfilled. Modern American culture has raised generations of women who believed that their true and most important role in society was to get married and have children. Anything short of this role was considered abnormal, unfulfilling, and suspect. This female stereotype has been exploited and perpetuated by some key films in the late 40's and early 50's. But more recently we have seen a shift in the cultural view of the spinster. The erosion of the traditional nuclear family, as well as a larger range of acceptable life choices, has caused our perceptions of unmarried women to change. The film industry has reflected this shift with updated stereotypes that depict this cultural trend. The shift in the way we perceive spinsters is the subject of current academic research which shows that a person's perception of particular societal roles influences the amount of stress or depression they experience when in that specific role. Further, although the way our culture perceives spinsters and the way the film industry portrays them may be evolving, we still are still left with a negative stereotype. Themes of choice and power have informed the lives of single women in all times and places. When considered at all in a scholarly context, single women have often been portrayed as victims, unhappily subjected to forces beyond their control. This collection of essays about "women on their own" attempts to correct that bias, by presenting a more complex view of single women in nineteenth- and twentieth-century United States and Europe. Topics covered in this book include the complex and ambiguous roles that society assigns to widows, and the greater social and financial independence that widows have often enjoyed; widow culture after major wars; the plight of homeless, middle-class single women during the Great Depression; and comparative sociological studies of contemporary single women in the United States, Britain, Ireland, and Cuba. Composed of papers presented to the Rutgers Center for Historical Analysis project on single women, this collection incorporates the work of specialists in anthropology, art history, history, and sociology. It is deeply connected with the emerging field of singleness studies (to which the RCHA has contributed an Internet-based bibliography of more than 800 items). All of the essays are new and have not been previously published.

Spousal Bereavement in Late Life

The textbook and readings that teach students how issues in our global society connect to their own lives.

Beauty Sick

Written by a team of internationally renowned sociologists with experience in both the field and the classroom, *The Art and Science of Social Research* offers authoritative and balanced coverage of the full range of methods used to study the social world. The authors highlight the challenges of investigating the unpredictable topic of human lives while providing insights into what really happens in the field, the laboratory, and the survey call center.

How to Stop Feeling Like Sh*t

"Against the backdrop of the COVID-19 pandemic, the second edition of *Overcoming Secondary Stress in Medical and Nursing Practice* explores the phenomenon of secondary stress experienced by clinicians on the frontlines of care. The book integrates concepts, assessment tools and self-care insights from the first edition with new concepts, evidence, strategies, and vignettes from the field concerning secondary stress experienced specifically by physicians, physician assistants and nurses. The findings and efforts of medical and nursing professional organizations to address and ameliorate endemic secondary stress are explored. Strategies for identifying, reframing, and intervening in stressful problems of practice, including wicked problems are also addressed. Tools for enhancing self-knowledge and developing a personal, self-care protocol to recognize and prevent secondary stress are the book's core feature. This book highlights the importance of interprofessional communication and support in ameliorating the stressors of clinical work, an effort enhanced by the book's interdisciplinary co-authorship. The extreme stressors of the COVID-19 pandemic on health care practitioners and the health care system illustrate the interconnectedness of health-enhancing personal self-care strategies, quality patient care, and renewed career commitment - the goal of this second edition"--

Guts

New Jersey has a long history of adapting to a changing economic climate. From its colonial origins to the present day, New Jersey's economy has continuously and successfully confronted the challenges and uncertainties of technological and demographic change, placing the state at the forefront of each national and global economic era. Based on James W. Hughes and Joseph J. Seneca's nearly three-decade-long Rutgers Regional Report series, *New Jersey's Postsuburban Economy* presents the issues confronting the state and brings to the forefront ideas for meeting these challenges. From the rural agricultural and natural resource based economy and lifestyle of the seventeenth century to today's postindustrial, suburban-dominated, automobile-dependent economy, the economic drivers which were considered to be an asset are now viewed by many to be the state's greatest disadvantage. On the brink of yet another transformation, this one driven by a new technology and an internet based global economy, New Jersey will have to adapt itself yet again--this time to a postsuburban digital

economy. Hughes and Seneca describe the forces that are now propelling the state into yet another economic era. They do this in the context of historical economic transformations of New Jersey, setting out the technological, demographic, and transportation shifts that defined and drove them.

Golden Years?

Renowned primatologist Robert Sapolsky offers a completely revised and updated edition of his most popular work, with over 225,000 copies in print. Now in a third edition, Robert M. Sapolsky's acclaimed and successful *Why Zebras Don't Get Ulcers* features new chapters on how stress affects sleep and addiction, as well as new insights into anxiety and personality disorder and the impact of spirituality on managing stress. As Sapolsky explains, most of us do not lie awake at night worrying about whether we have leprosy or malaria. Instead, the diseases we fear—and the ones that plague us now—are illnesses brought on by the slow accumulation of damage, such as heart disease and cancer. When we worry or experience stress, our body turns on the same physiological responses that an animal's does, but we do not resolve conflict in the same way—through fighting or fleeing. Over time, this activation of a stress response makes us literally sick. Combining cutting-edge research with a healthy dose of good humor and practical advice, *Why Zebras Don't Get Ulcers* explains how prolonged stress causes or intensifies a range of physical and mental afflictions, including depression, ulcers, colitis, heart disease, and more. It also provides essential guidance to controlling our stress responses. This new edition promises to be the most comprehensive and engaging one yet.

Paging Dr. Within

Leading psychologists Susan M. Orsillo and Lizabeth Roemer present a powerful new alternative that can help you break free of anxiety by fundamentally changing how you relate to it.

Marijuana As Medicine?

While breast cancer continues to affect the lives of millions, contemporary writers and artists have responded to the ravages of the disease in creative expression. Mary K. DeShazer's book looks specifically at breast cancer memoirs and photographic narratives, a category she refers to as mammographies, signifying both the imaging technology by which most Western women discover they have this disease and the documentary imperatives that drive their written and visual accounts of it. *Mammographies* argues that breast cancer narratives of the past ten years differ from their predecessors in their bold address of previously neglected topics such as the link between cancer and environmental carcinogens, the ethics and efficacy of genetic testing and prophylactic mastectomy, and the shifting politics of prosthesis and reconstruction. *Mammographies* is distinctive among studies of contemporary illness narratives in its exclusive focus on breast cancer, its analysis of both memoirs and photographic texts, its attention to hybrid and collaborative narratives, and its emphasis on ecological, genetic, transnational, queer, and anti-pink discourses. DeShazer's methodology is best characterized as literary critical, feminist, and

interdisciplinary—includes detailed interpretation of the narrative strategies, thematic contours, and visual imagery of a wide range of contemporary breast cancer memoirs and photographic anthologies. The author explores the ways in which the narratives constitute a distinctive testimonial and memorial tradition, a claim supported by close readings and theoretical analysis that demonstrates how these narratives question hegemonic cultural discourses, empower reader-viewers as empathic witnesses, and provide communal sites for mourning, resisting, and remembering.

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