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Play for Health Across the Lifespan Julia Whitaker, Alison Tonkin, 2021-05-17 Play for Health Across the Lifespan uses case studies to explore the impact of play and creativity on health and wellbeing throughout the lifecycle While play at the start of life influences future development the authors show play also has a role in improving prospects for health and wellbeing in adulthood and later life A relational approach to health and wellbeing emphasizes the dynamic mutually influential relationship between individual development and the changing contexts of our lives Our personal play history is one feature of this dynamic process and this book explores how the experience of play throughout the life course sculpts and resculpts the shape of our lives our physical health our mental wellbeing and our relationship to the people and the world around us Storytelling has been used since the beginning of time to communicate important life lessons in an engaging way Taking inspiration from Shakespeare's Seven Ages of Man the book uses a case story approach to differentiate the stages of development and to present evidence for how play and playful experiences impact on health and wellbeing from birth to the end of life in the context of temporal and situational change Each chapter in Play for Health Across the Lifespan introduces relevant evidence based research on play and health before presenting several narrative case stories which illustrate the application of play theory and the neuroscience of play as they relate to each life stage With contributions from specialists in health and education community organizations and the creative and performing arts this book will appeal to academics students and practitioners who are interested in exploring the role of play in addressing contemporary challenges to our physical mental and social health **AB Bookman's Weekly** ,1998 **PC Magazine** ,2006 Directional Living Megan Hellerer, 2024-09-24 The big decisions in life don't come with a map Think of this book as a compass to help you navigate toward success without sacrificing happiness Adam Grant bestselling author of Think Again A GUIDE FOR CREATING A LIFE OF MAXIMUM FULFILLMENT AND PURPOSE BY THE CAREER COACH WHOSE APPROACH HAS HELPED THOUSANDS REORIENT THEIR CAREERS AND LIVES So many of us have done everything right for our careers picked a career destination got the grades made the 5 year plan checked all the boxes worked hard and climbed the ladder and now You're miserable Every career milestone has made you feel emptier and you've finally arrived at your destination to find that you're stuck unhappy and burned out You're an Underfulfilled Overachiever In the last decade career coach Megan Hellerer has worked with hundreds of UOs from CEOs and bestselling authors to award winning scientists and activists helping them get unstuck and discover meaningful purpose driven work Directional Living comes from Megan's innovative paradigm one

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