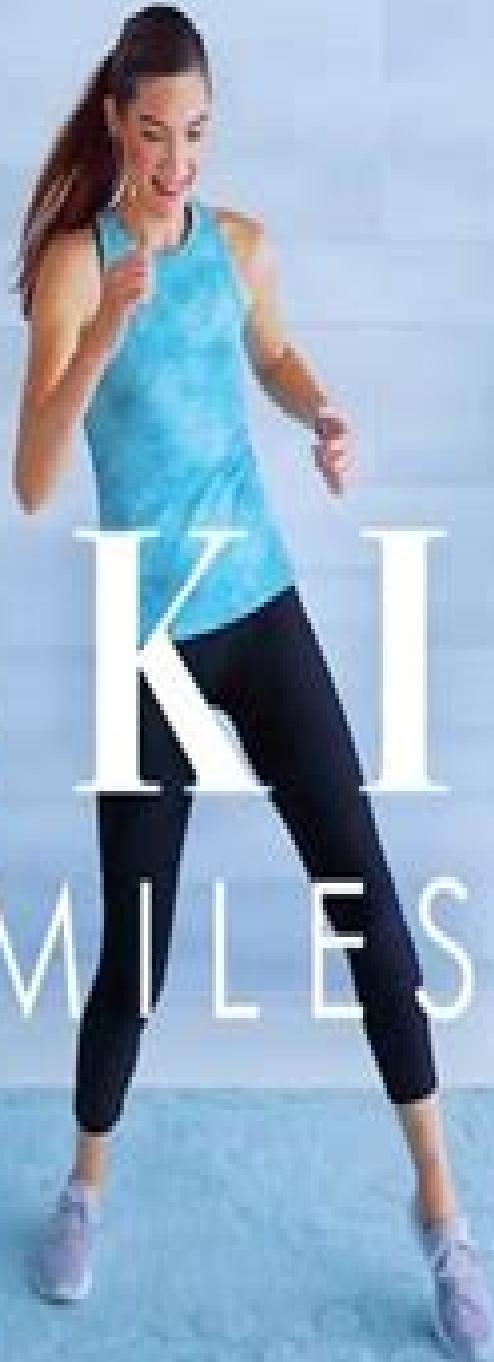


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The Naughty Therapist Jess Kolbe, 2015-12-03 Jess Kolbe an experienced therapist takes on the medical and pharmaceutical philosophy of prescribing pills and labeling people with a fierce compassion for trauma survivors She calls herself the naughty therapist because she proposes that people suffering from posttraumatic stress disorder and other forms of trauma should search outside the confines of the profession to solve their problems Without rejecting either therapy or medication she argues that people dont heal solely from professional interventions they need much more than a pill or sitting down in a chair listening to a therapists soft voice Weaving in details from her own life and examples from therapy sessions she reveals positive steps that you can take to regain control of your life or help a loved one regain control of their stoppling myths about PTSD depression and other conditions in the process Spark an honest conversation with yourself and others and get practical help in recognizing and working through trauma with incredible insights from The Naughty Therapist

Internet Children's Television Series, 1997-2015 Vincent Terrace, 2016-08-22 Created around the world and available only on the web internet television series are independently produced mostly low budget shows that often feature talented but unknown performers Typically financed through crowd funding they are filmed with borrowed equipment and volunteer casts and crews and viewers find them through word of mouth or by chance The fifth in a series focusing on the largely undocumented world of internet TV this book covers 573 children's series created for viewers 3 to 14 The genre includes a broad range of cartoons CGI live action comedies and puppetry Alphabetical entries provide websites dates casts credits episode lists and storylines

[Activating Happiness](#) Rachel Hershenberg, 2017-12-01 It's not just the big choices we make that can radically change our lives sometimes it's the small ones Offering a powerful blend of acceptance and commitment therapy ACT and behavioral activation strategies Activating Happiness teaches readers how to conquer depression and low mood by actively making positive choices in small everyday moments These small changes will help reignite motivation improve mood and help readers get unstuck so they can connect with what they value most

Teaching Comedy Bev Hogue, 2023-08-03 From Shakespeare to The Simpsons comedy has long provided both entertainment and social commentary It may critique cultural values undermine authority satirize sacred beliefs and make room for the marginalized to approach the center Comedy can be challenging to teach but in the classroom it can help students connect with one another develop critical thinking skills and engage with important issues The essays in this volume address a rich variety of texts spanning film television stand up cartoons and memes as well as conventional literary works from different places and times Contributors offer theoretical foundations and practical methods for a broad range of courses including guidance on contextualizing the humor of historical works and on navigating the ways that comedy can both subvert and reinforce stereotypes Finally the volume argues for the value of comedy in difficult times as a way to create community and meaning This volume contains discussion of fiction poetry plays and essays by Maya Angelou Jane Austen Aphra Behn Hugh Henry

Brackenridge Frances Burney Charles W Chesnutt Roddy Doyle Maria Edgeworth Ben Jonson Anita Loos Emtithal Mahmoud Thomas Middleton Okot p Bitek William Shakespeare Laurence Sterne Jonathan Swift Alma Villanueva Paula Vogel Oscar Wilde John Wilmot and William Wycherley TV shows and films including Crazy Ex Girlfriend The Gold Rush Life Is Beautiful The Marvelous Mrs Maisel The Office Office Space Rick and Morty and South Park works and stand up performances by Aziz Ansari Samantha Bee Dave Chappelle Louis C K Tina Fey Moms Mabley Hasan Minhaj Eddie Murphy Trevor Noah Richard Pryor Issa Rae and Wanda Sykes and visual works and other media including Aaron McGruder s The Boondocks Bill Watterson s Calvin and Hobbes Nick Sousanis s Unflattening Marvel s Hawkeye The Onion YouTube videos advertisements and memes

Happy Hormones, Slim Belly Jorge Cruise,2013-12-23 1 New York Times best selling author Jorge Cruise has created the perfect plan for women over 40 looking to maintain a healthy weight Happy Hormones Slim Belly is the answer to your broken metabolism and losing weight long term Jorge realized basic dieting wouldn t work from women over 40 due to increased hormone levels and developed a strategy to keep your body burning fat without feeling hungry or deprived Women s Carb Cycling resets your insulin sensitivity keeping you slim while simultaneously elevating serotonin levels which keeps you happy energized and free of cravings It balances your hormones so you can lose up to 7 lbs in a week and then 2 lbs weekly guaranteed

The Viral Video Manifesto: Why Everything You Know is Wrong and How to Do

What Really Works Stephen Voltz,Fritz Grobe,2012-11-26 Creating the next YouTube blockbuster is easier than you think Includes more than 100 QR Codes linking to successful viral videos These guys are the viral experts and they show you the way in clear concise language This is the first recipe for virality that I buy KENT NICHOLS cocreator of viral phenomenon AskANinja com One Saturday morning in 2006 Stephen Voltz and Fritz Grobe dropped 500 Mentos mints into 100 bottles of Coke in front of a video camera Their video went viral in a matter of hours and before they knew it David Letterman Conan O Brien and NPR were calling Since then more than 100 million people have watched The Extreme Diet Coke Mentos Experiments Why Because Voltz and Grobe did everything right Now in The Viral Video Manifesto they explain how you can make a video guaranteed to pack a major punch by applying four core principles Be True Don t fake it Make it real Don t Waste My Time Get down to business right away Be Unforgettable Show us something we ve never seen before It s All About Humanity An emotional connection is the key to sharing

The Viral Video Manifesto: Why Everything You Know is Wrong and How to Do What Really Works (ENHANCED EBOOK)

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