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Quality of life studies form an essential part of the evaluation of any treatment. Written by two authors who are well respected within this field, *Quality of Life: The Assessment, Analysis and Interpretation of Patient-reported Outcomes, Second Edition* lays down guidelines on assessing, analysing and interpreting quality of life data. The new edition of this standard book has been completely revised, updated and expanded to reflect many methodological developments emerged since the publication of the first edition. Covers the design of instruments, the practical aspects of implementing assessment, the analyses of the data, and the interpretation of the results. Presents all essential information on Quality of Life Research in one comprehensive volume. Explains the use of qualitative and quantitative methods, including the application of basic statistical methods. Includes copious practical examples. Fills a need in a rapidly growing area of interest. New edition accommodates significant methodological developments, and includes chapters on computer adaptive testing and item banking, choosing an instrument, systematic reviews and meta analysis. This book is of interest for everyone involved in quality of life research, and it is applicable to medical and non-medical, statistical and non-statistical readers. It is of particular relevance for clinical and biomedical researchers within both the pharmaceutical industry and practitioners in the fields of cancer and other chronic diseases. Reviews of the First Edition - Winner of the first prize in the Basis of Medicine Category of the BMA Medical Book Competition 2001: "This book is highly recommended to clinicians who are actively involved in the planning, analysis and publication of QoL research." CLINICAL ONCOLOGY "This book is highly recommended reading." QUALITY OF LIFE RESEARCH

Emerging Freshwater Pollutants: Analysis, Fate and Regulations comprises of 20 chapters, all written by leading experts. This book is written in the most practical terms and is easy to understand, with numerous helpful examples and case studies and can be used as a practical guide and important educational tool on issues concerning freshwater emerging pollutants. The organisation of the book exposes the reader in logical succession to the full range of complex scientific and management aspects of emerging freshwater pollutants in the developing world. The book recognises that water chemistry, emerging freshwater pollutants and management are inter-dependent disciplines. The book covers (i) the different monitoring techniques, current analytical approaches and instrumental analyses, (ii) fate and occurrence of emerging pollutants in aquatic systems and (iii) management policies and legislations on emerging pollutants. Thus, subsequent chapters elucidate chemicals with pollution potential, multi-detection approaches to analysis of organic pollutants in water, microplas-

tics effects and photochemical transformation of emerging pollutants in freshwater systems. Whereas, other chapters address oxidation of organic compounds in aquatic systems, biomonitoring systems for detection of toxic levels of water pollutants, and health aspects of water recycling practices. This book melds several different perspectives on the subject of freshwater emerging pollutants and shows the interrelationships between the various professions that deal with water quality issues. Further, within the presentation of each separate chapter is discussion of how the various scientific and management aspects of the subject interrelate. Includes case studies and practical examples in each chapter. Presents a much-needed interdisciplinary approach, representing the overlap between water chemistry and emerging freshwater pollutants. Provides a thorough introduction to emerging tropical and freshwater pollutants that typically occur in these systems.

This book comprehensively covers the latest development in developing and deploying the genetically modified vectors, particularly *Anopheles* and *Aedes* mosquitoes responsible for transmitting malaria parasites and dengue viruses, the most deadly and/or debilitating among all the vector-borne diseases. It is considered timely and commensurate to bring about a book dealing with the various ecological, biological and social as well as regulatory aspects for the deployment of genetically modified vectors in special context with the biosafety of humans, his associates, and the environment. Written by an array of specialists and experts in various subjects of genetically modified organisms, this book centrally addresses the (i) basic principles of the genetic manipulation of vectors and their potential impact on human and the environment, (ii) ecological, biological, ethical, legal and social implications of the use of genetically modified vectors, (iii) identification of potential hazards; assessment and management of risks for human and environment; risk/benefit analysis, (iv) principles and practices for the assessment and management of biosecurity and biosafety in laboratories (and in the field), (v) guiding principles for creation and management of institutional or national biosafety review boards and ethics review committees, and (vi) development and application of a biosafety regulatory framework and its related legal principles at national levels for securing the development and use of vector control methods based on genetic modification strategies. This publication will be useful to researchers, scientists, and professionals engaged in academic and research institutions, government or non-government, as well as students in universities and medical colleges.

This Surgeon General's report details the causes and the consequences of tobacco use among youth and young adults by focusing on the social, environmental, advertising, and marketing influences that encourage youth and young adults to initiate and sustain tobacco use. This is the first time to-

backo data on young adults as a discrete population have been explored in detail. The report also highlights successful strategies to prevent young people from using tobacco

Revisoning Psychiatry brings together new perspectives on the causes and treatment of mental health problems. The contributors emphasize the importance of understanding experience and explore how the brain, the person, and the social world interact to give rise to mental health problems as well as resilience and recovery.

The ultimate sewing bible for beginners, students and seasoned stitchers wanting to perfect their skills Whether you want to make soft furnishings, clothing or just do alterations this is the book that everyone interested in sewing needs. Follow step-by-steps and master every technique you'll ever need; from machine-stitching a buttonhole and attaching a collar, to altering patterns and building a basic sewing kit. Every hand and machine stitch and technique is clearly shown and easy to follow, guiding you through every move. Follow 25 stylish projects, for the home and to wear, which will enable you to take your sewing skills to perfection. Plus, get properly kitted out; close up photographs of hand and machine tools show you the best equipment for the job and guarantee you know exactly how to use it. Tucks, pleats, hems, darts, edges, pockets, buttonholes, zips - whatever you want to sew find out how.

A authoritative reference written to help professionals understand the role of nutrition in the maintenance of health, the management of chronic conditions, and the treatment of serious illness. The fourth edition of this text provides a comprehensive review of nutritional assessment, intervention programs for the elderly, and health promotion activities.

The telephone marks the place of an absence. Affiliated with discontinuity, alarm, and silence, it raises fundamental questions about the constitution of self and other, the stability of location, systems of transfer, and the destination of speech. Profoundly changing our concept of long-distance, it is constantly transmitting effects of real and evocative power. To the extent that it always relates us to the absent other, the telephone, and the massive switchboard attending it, plugs into a hermeneutics of mourning. The Telephone Book, itself organized by a "telephonic logic," fields calls from philosophy, history, literature, and psychoanalysis. It installs a switchboard that hooks up diverse types of knowledge while rerouting and jamming the codes of the disciplines in daring ways. Avital Ronell has done nothing less than consider the impact of the telephone on modern thought. Her highly original, multifaceted inquiry into the nature of communication in a technological age will excite everyone who listens in. The book begins by calling close attention to the importance of the telephone in Nazi organization and propaganda, with special regard to the philosophy of Martin Heidegger. In the Third Reich the telephone became a weapon, a means of state surveillance, "an open accomplice to lies." Heidegger, in *Being and Time* and elsewhere, elaborates on the significance of "the call." In a tour de force response, Ronell mobilizes the history and terminology of the telephone to explicate his difficult philosophy. Ronell also speaks of the appearance of the telephone in the literary works of Duras, Joyce, Kafka, Rilke, and Strindberg. She examines its role in psychoanalysis—Freud said that the unconscious is structured like a telephone, and Jung and R. D. Laing saw it as a powerful new body part. She traces its historical development from Bell's famous first call: "Watson, come here!" Thomas A. Watson, his assistant, who used to communicate with spirits, was eager to get the telephone to talk, and thus to link technology with phantoms and phantasms. In many ways a medita-

tion on the technologically constituted state, *The Telephone Book* opens a new field, becoming the first political deconstruction of technology, state terrorism, and schizophrenia. And it offers a fresh reading of the American and European addiction to technology in which the telephone emerges as the crucial figure of this age.

This book offers a critical introduction to the core technologies underlying the Internet from a humanistic perspective. It provides a cultural critique of computing technologies, by exploring the history of computing and examining issues related to writing, representing, archiving and searching. The book raises awareness of, and calls for, the digital humanities to address the challenges posed by the linguistic and cultural divides in computing, the clash between communication and control, and the biases inherent in networked technologies. A common problem with publications in the Digital Humanities is the dominance of the Anglo-American perspective. While seeking to take a broader view, the book attempts to show how cultural bias can become an obstacle to innovation both in the methodology and practice of the Digital Humanities. Its central point is that no technological instrument is culturally unbiased, and that all too often the geography that underlies technology coincides with the social and economic interests of its producers. The alternative proposed in the book is one of a world in which variation, contamination and decentralization are essential instruments for the production and transmission of digital knowledge. It is thus necessary not only to have spaces where DH scholars can interact (such as international conferences, THATCamps, forums and mailing lists), but also a genuine sharing of technological know-how and experience. "This is a truly exceptional work on the subject of the digital....Students and scholars new to the field of digital humanities will find in this book a gentle introduction to the field, which I cannot but think would be good and perhaps even inspirational for them....Its history of the development of machines and programs and communities bent on using computers to advance science and research merely sets the stage for an insightful analysis of the role of the digital in the way both scholars and everyday people communicate and conceive of themselves and "others" in written forms - from treatises to credit card transactions." Peter Shillingsburg *The Digital Humanist* is not simply a translation of the Italian book *L'umanista digitale* (il Mulino 2010), but a new version tailored to an international audience through the improvement and expansion of the sections on social, cultural and ethical problems of the most widely used methodologies, resources and applications. TABLE OF CONTENTS // Preface: Digital Humanities at a Political Turn? by Geoffrey Rockwell / PART I: The Socio-Historical Roots - Chap. 1: Technology and the Humanities: A History of Interaction - Chap. 2: Internet, or The Humanistic Machine / PART II: Theoretical and Practical Dimensions - Chap. 3: Writing and Content Production - Chap. 4: Representing and Archiving - Chap. 5: Searching and Organizing / Conclusions: DH in a Global Perspective

Testing and diagnosis of hepatitis B (HBV) and C (HCV) infection is the gateway for access to both prevention and treatment services, and is a crucial component of an effective response to the hepatitis epidemic. Early identification of persons with chronic HBV or HCV infection enables them to receive the necessary care and treatment to prevent or delay progression of liver disease. Testing also provides an opportunity to link people to interventions to reduce transmission, through counselling on risk behaviors and provision of prevention commodities (such as sterile needles and syringes) and hepatitis B vaccination. These are the first WHO guidelines on testing for chronic HBV and HCV infection and complement published guidance by WHO on the prevention, care and treatment of

chronic hepatitis C and hepatitis B infection. These guidelines outline the public health approach to strengthening and expanding current testing practices for HBV and HCV, and are intended for use across age groups and populations.

Facilities Management (FM) and Corporate Real Estate Management (CREM) are two closely related and relatively new management disciplines with developing international professions and increasing academic attention. Both disciplines have from the outset a strong focus on controlling and reducing cost for real estate, facilities and related services. In recent years there has been a change towards putting more focus on how FM/CREM can add value to the organisation. This book is driven by the need to develop a widely accepted and easily applicable conceptual framework of adding value by FM and CREM. It presents the state of the art of theoretical knowledge and empirical evidence about the impact of buildings and facilities on 12 value parameters and how to manage and measure these values. The findings are connected to a new Value Adding Management model. The book is research based with a focus on guidance to practice. It offers a transdisciplinary approach, integrating academic knowledge from a variety of different fields with practical experience. It also includes 12 interviews with practitioners, shedding light as to how they manage adding value in practice. This is a much needed resource for practitioners, researchers and teachers from the field of FM and CREM, as well as students at both undergraduate and postgraduate level.

This book presents a comprehensive overview of the latest developments in chemical detection science in the field of Geoscience, written for both postgraduates and professional researchers.

In this groundbreaking bestseller, Lundy Bancroft—a counselor who specializes in working with abusive men—uses his knowledge about how abusers think to help women recognize when they are being controlled or devalued, and to find ways to get free of an abusive relationship. He says he loves you. So...why does he do that? You've asked yourself this question again and again. Now you have the chance to see inside the minds of angry and controlling men—and change your life. In *Why Does He Do That?* you will learn about:

- The early warning signs of abuse
- The nature of abusive thinking
- Myths about abusers
- Ten abusive personality types
- The role of drugs and alcohol
- What you can fix, and what you can't
- And how to get out of an abusive relationship safely

"This is without a doubt the most informative and useful book yet written on the subject of abusive men. Women who are armed with the insights found in these pages will be on the road to recovering control of their lives."—Jay G. Silverman, Ph.D., Director, Violence Prevention Programs, Harvard School of Public Health

Millions of people have read, discussed, debated, cried, and cheered with *Little Bee*, a Nigerian refugee girl whose violent and courageous journey puts a stunning face on the worldwide refugee crisis. "Little Bee will blow you away." —The Washington Post The lives of a sixteen-year-old Nigerian orphan and a well-off British woman collide in this page-turning #1 New York Times bestseller, book club favorite, and "affecting story of human triumph" (The New York Times Book Review) from Chris Cleave, author of *Gold* and *Everyone Brave Is Forgiven*. We don't want to tell you too much about this book. It is a truly special story and we don't want to spoil it. Nevertheless, you need to know something, so we will just say this: It is extremely funny, but the African beach scene is horrific. The story starts there, but the book doesn't. And it's what happens afterward that is most important. Once you have read it, you'll want to tell everyone about it. When you do, please don't tell them

what happens either. The magic is in how it unfolds.

In *Wind Turbine Syndrome: A Communicated Disease*, Simon Chapman and Fiona Crichton explore the claims and tactics of the anti-windfarm movement, examine the scientific evidence, and consider how best to respond to anti-windfarm arguments. This is an eye-opening account of the rise of the anti-windfarm movement, and a timely call for a more evidence-based approach.

This book presents original research on the effects of foreign language anxiety (FLA) on young language learners. It includes suggestions for alleviating FLA and encouraging foreign language enjoyment which will ultimately facilitate more effective language learning and support children's psychosocial wellbeing.

By joining phylogenetics and evolutionary ecology, this book explores the patterns of parasite diversity while revealing diversification processes.

Practical Handbook of Microbiology, 4th edition provides basic, clear and concise knowledge and practical information about working with microorganisms. Useful to anyone interested in microbes, the book is intended to especially benefit four groups: trained microbiologists working within one specific area of microbiology; people with training in other disciplines, and use microorganisms as a tool or "chemical reagent"; business people evaluating investments in microbiology focused companies; and an emerging group, people in occupations and trades that might have limited training in microbiology, but who require specific practical information. Key Features Provides a comprehensive compendium of basic information on microorganisms—from classical microbiology to genomics. Includes coverage of disease-causing bacteria, bacterial viruses (phage), and the use of phage for treating diseases, and added coverage of extremophiles. Features comprehensive coverage of antimicrobial agents, including chapters on anti-fungals and anti-virals. Covers the Microbiome, gene editing with CRISPR, Parasites, Fungi, and Animal Viruses. Adds numerous chapters especially intended for professionals such as healthcare and industrial professionals, environmental scientists and ecologists, teachers, and businesspeople. Includes comprehensive survey table of Clinical, Commercial, and Research-Model bacteria.

There are several theories of executive function(s) that tend to share some theoretical overlap yet are also conceptually distinct, each bolstered by empirical data (Norman and Shallice, 1986; Shallice & Burgess, 1991; Stuss and Alexander, 2007; Burgess, Gilbert, & Dumentheil, 2007; Burgess & Shallice, 1996; Miyake et al., 2000). The notion that executive processes are supervisory, and most in demand in novel situations was an early conceptualization of executive function that has been adapted and refined over time (Norman & Shallice, 1986; Shallice, 2001; Burgess, Gilbert & Dumentheil, 2007). Presently there is general consensus that executive functions are multi-componential (Shallice, 2001), and are supervisory only in the sense that attention in one form or another is key to the co-ordination of other hierarchically organized 'lower' cognitive processes. Attention in this sense is defined as (i) independent but interrelated attentional control processes (Stuss & Alexander, 2007); (ii) automatic orientation towards stimuli in the environment or internally-driven thought (Burgess, Gilbert & Dumentheil, 2007); (iii) the automatically generated interface between tacit processes and strategic conscious thought (Barker, Andrade, Romanowski, Morton and Wasti, 2006; Morton and Barker, 2010); and (iv) distinct but interrelated executive processes that maintain, update and switch across different sources of information (Miyake et al., 2000). One problem is that executive

dysfunction or dysexecutive syndrome (Baddeley & Wilson, 1988) after brain injury typically produces a constellation of deficits across social, cognate, emotional and motivational domains that rarely map neatly onto theoretical frameworks (Barker, Andrade & Romanowski, 2004). As a consequence there is debate that conceptual theories of executive function do not always correspond well to the clinical picture (Manchester, Priestley & Jackson, 2004). Several studies have reported cases of individuals with frontal lobe pathology and impaired daily functioning despite having little detectable impairment on traditional tests of executive function (Shallice & Burgess, 1991; Eslinger & Damasio, 1985; Barker, Andrade & Romanowski, 2004; Andrés & Van der Linden, 2002; Chevignard et al., 2000; Cripe, 1998; Fortin, Godbout & Braun, 2003). There is also some suggestion that weak ecological validity limits predictive and clinical utility of many traditional measures of executive function (Burgess et al., 2006; Lamberts, Evans & Spikman, 2010; Barker, Morton, Morrison, McGuire, 2011). Complete elimination of environmental confounds runs the risk of generating results that cannot be generalized beyond constrained circumstances of the test environment (Barker, Andrade & Romanowski, 2004). Several researchers have concluded that a new approach is needed that is mindful of the needs of the clinician yet also informed by the academic debate and progress within the discipline (McFarquhar & Barker, 2012; Burgess et al., 2006). Finally, translational issues also confound executive function research across different disciplines (psychiatry, cognitive science, and developmental psychology) and across typically developing and clinical populations (including Autism Spectrum Disorders, Head Injury and Schizophrenia - Blakemore & Choudhury, 2006; Taylor, Barker, Heavey & McHale, 2013). Consequently, there is a need for unification of executive function approaches across disciplines and populations and narrowing of the conceptual gap between theoretical positions, clinical symptoms and measurement.

Lonely Planet Brazil is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Party at Carnaval in Rio, come face to face with monkeys and other creatures in the Amazon, or snorkel the aquatic life-filled natural aquariums of Bonito, all with your trusted travel companion.

Featuring lyrics, chord boxes and melody line, text, as well as black and white photos, these handy books are an ideal size for stuffing in your gig bag. Glance inside and you'll see they're super-sized packages of hit after hit for all musicians. With a hard-wearing PVC cover, each book in the series is designed to be carried around and used, over and over again! Bound to be as popular with keyboard players as the Little Black Books are with guitarists!

Aerobic endospore-forming bacteria are found in soils of all kinds, ranging from acid to alkaline, hot to cold, and fertile to desert. It is well known that endospores confer special properties upon their owners and play dominant parts in their life cycles and dispersal, and much has been written about the spores, genetics, and economic importance of these organisms. Much has also been written about soil ecology, but there is a relative dearth of literature that brings together different aspects of the behaviour and characters of endospore-formers with their contributions to soil ecosystems. This Soil Biology volume fills that gap. Following chapters that describe the current classification of these organisms, that review methods for their detection and for studying their life cycles in soils, and that examine their dispersal, other chapters show that they are active and dynamic members of soil flora that interact widely with other soil inhabitants, with roles in nitrogen fixation, denitrification, and

soil remediation.

A complete, evidence-based guide to orthopaedic evaluation and treatment Acclaimed in its first edition, this one-of-a-kind, well-illustrated resource delivers a vital evidence-based look at orthopaedics in a single volume. It is the ultimate source of orthopaedic examination, evaluation, and interventions, distinguished by its multidisciplinary approach to PT practice. Turn to any page, and you'll find the consistent, unified voice of a single author—a prominent practicing therapist who delivers step-by-step guidance on the examination of each joint and region. This in-depth coverage leads clinicians logically through systems review and differential diagnosis, aided by decision-making algorithms for each joint. It's all here: everything from concise summaries of functional anatomy and biomechanics, to an unmatched overview of the musculoskeletal and nervous systems.

For most Americans, staying "mentally sharp" as they age is a very high priority. Declines in memory and decision-making abilities may trigger fears of Alzheimer's disease or other neurodegenerative diseases. However, cognitive aging is a natural process that can have both positive and negative effects on cognitive function in older adults - effects that vary widely among individuals. At this point in time, when the older population is rapidly growing in the United States and across the globe, it is important to examine what is known about cognitive aging and to identify and promote actions that individuals, organizations, communities, and society can take to help older adults maintain and improve their cognitive health. Cognitive Aging assesses the public health dimensions of cognitive aging with an emphasis on definitions and terminology, epidemiology and surveillance, prevention and intervention, education of health professionals, and public awareness and education. This report makes specific recommendations for individuals to reduce the risks of cognitive decline with aging. Aging is inevitable, but there are actions that can be taken by individuals, families, communities, and society that may help to prevent or ameliorate the impact of aging on the brain, understand more about its impact, and help older adults live more fully and independent lives. Cognitive aging is not just an individual or a family or a health care system challenge. It is an issue that affects the fabric of society and requires actions by many and varied stakeholders. Cognitive Aging offers clear steps that individuals, families, communities, health care providers and systems, financial organizations, community groups, public health agencies, and others can take to promote cognitive health and to help older adults live fuller and more independent lives. Ultimately, this report calls for a societal commitment to cognitive aging as a public health issue that requires prompt action across many sectors.

With 35 projects that you'll love to make and a helpful techniques section, this book will teach you all about sewing machines. Start out with Clothes and Accessories, where you can make a felt collar and cosy scarf, as well as a pretty skirt.

The Handbook of Adhesive Technology, Second Edition exceeds the ambition of its bestselling forerunner by reexamining the mechanisms driving adhesion, categories of adhesives, techniques for bond formation and evaluation, and major industrial applications. Integrating modern technological innovations into adhesive preparation and application, this greatly expanded and updated edition comprises a total of 26 different adhesive groupings, including three new classes. The second edition features ten new chapters, a 40-page list of resources on adhesives, and abundant figures, tables, equations.

This book is concerned with human factors and ergonomics research and developments in the design and use of systems and devices for effective and safe healthcare delivery. It reports on approaches for improving healthcare devices so that they better fit to people's, including special population's needs. It also covers assistive devices aimed at reducing occupational risks of health professionals as well as innovative strategies for error reduction, and more effective training and education methods for healthcare workers and professionals. Equal emphasis is given to digital technologies and to physical, cognitive and organizational aspects, which are considered in an integrated manner, so as to facilitate a systemic approach for improving the quality and safety of healthcare service. The book also includes a special section dedicated to innovative strategies for assisting caregivers', patients', and people's needs during pandemic. Based on papers presented at the AHFE 2021 Conference on Human Factors and Ergonomics in Healthcare and Medical Devices, held virtually on 25–29 July, 2021, from USA, the book offers a timely reference guide to both researchers and healthcare professionals involved in the design of medical systems and managing healthcare settings, as well as to healthcare counselors and global health organizations.

This book provides statisticians and researchers with the statistical tools - equations, formulae and numerical tables - to design and plan clinical studies and carry out accurate, reliable and reproducible analysis of the data so obtained. There is no way around this as incorrect procedure in clinical studies means that the researcher's paper will not be accepted by a peer-reviewed journal. Planning and analysing clinical studies is a very complicated business and this book provides indispensable factual information. Please go to <http://booksupport.wiley.com> and enter 9781405146500 to easily download the supporting materials.

Children are introduced to the sewing machine and basic sewing concepts.

Learn each of the original gang of four design patterns, and how they are relevant to modern PHP and Laravel development. Written by a working developer who uses these patterns every day, you will easily be able to implement each pattern into your workflow and improve your development. Each pattern is covered with full examples of how it can be used. Too often design patterns are explained using tricky concepts, when in fact they are easy to use and can enrich your everyday development. Design Patterns in PHP and Laravel aims to break down tricky concepts into humorous and easy-to-recall details, so that you can begin using design patterns easily in your everyday work with PHP and Laravel. This book teaches you design patterns in PHP and Laravel using real-world examples and plenty of humor. What You Will Learn Use the original gang of four design patterns in your PHP and Laravel development How each pattern should be used Solve problems when using the patterns Remember each pattern using mnemonics Who This Book Is For People using Laravel and PHP to do their job and want to improve their understanding of design patterns.

Reference source for the care and preservation of photographs and motion picture film. Evaluates the light fading and dark fading/yellowing characteristics of color transparency films, color negative films, and color photographic papers, with recommendations for the longest-lasting products. High-resolution ink jet, dye sublimation, color electrophotographic, and other digital imaging technologies are discussed, as are conservation matting, mount boards, framing, slide pages, negative and print enclosures, storage boxes, densitometric monitoring of black-and-white and color prints in museum and archive collections, the care of color slide collections, the permanent preservation of color

motion pictures, the preservation of cellulose nitrate films, and many other topics.

An updated and expanded edition of the definitive guide to adaptogenic herbs • Includes a Materia Medica with monographs covering 25 adaptogens, including eleuthero, ginseng, rhodiola, schisandra, ashwagandha, licorice, shatavari, reishi, and holy basil, as well as complementary nervines, restorative tonics, and nootropics • Explains how adaptogens increase the body's resistance to adverse influences, increase energy and stamina, and counter the effects of age and stress on the body • Details the actions, properties, preparation, and dosage for each herb and their uses in Ayurveda and Chinese medicine and as remedies for animals Every day our bodies strive to adapt and stay balanced, energized, and healthy, yet chronic stress and the resulting elevation of stress hormones such as cortisol have been shown to be major factors behind not only fatigue and weight gain but also many chronic and degenerative diseases. In this updated edition of the definitive guide to adaptogenic herbs, clinical herbalist David Winston and researcher Steven Maimes provide a comprehensive look at adaptogens: non-toxic herbs such as ginseng, eleuthero, and ashwagandha that help the body "adapt" to the many influences it encounters and manage the stresses it experiences. They also increase stamina and energy, boost cognitive function, restore the immune system, and counter the effects of aging, especially when used in appropriate combinations. Beginning with a history of the use of adaptogens, including in Ayurveda, Chinese medicine, and Russian medicine, the book examines how these herbal remedies work and why they are so effective at combating stress-induced illness and ailments. The extensive Materia Medica includes monographs on 25 adaptogens, including eleuthero, ginseng, rhodiola, schisandra, ashwagandha, shatavari, reishi, and holy basil, as well as complementary nervines, restorative tonics, and nootropic herbs, such as milky oats, astragalus, St. John's wort, and ginkgo. Each monograph presents the latest scientific research and details the origin, traditional and clinical uses, actions, properties, preparation, and dosage for each herb. The book also includes guidance on adaptogenic remedies for our animal companions. Aimed not only at herbalists but also those interested in natural health, this guide to adaptogens will allow you to safely and effectively use these herbal remedies to enhance your health and improve your chances of living a longer, healthier, and well-balanced life.

The prevalence of eating disorders such as anorexia and bulimia nervosa is growing, and these disorders are affecting adolescents and young adults at increasingly younger ages. This has led to a greater number of patients presenting to health services. Although novel therapeutic approaches have been introduced in recent decades, the mortality rates of patients with anorexia and bulimia nervosa remain alarmingly high. The course of anorexia nervosa in particular is often chronic and can lead to persistent disability. This book covers the clinical features and symptoms, neurobiology, pathophysiology, and current and potential future treatment options for both anorexia and bulimia nervosa. It also highlights the important aspects of support for families and their perspectives on these disorders.

Bioactive Marine Natural Products is the first book available that covers all aspects of bioactive marine natural products. It fills the void in the literature for bioactive marine natural products. The book covers various aspects of marine natural products and it is hoped that all the major classes of bioactive compounds are included. Different classes of marine organisms and the separation and isolation techniques are discussed. The chemistry and biology of marine toxins, peptides, alkaloids, nu-

cleosides and prostanoids are discussed in detail. Biological, toxicological and clinical evaluations are also dealt with to ensure that the book may be adopted at any stage by any practicing organic chemist or biologist, working in academia or in R and D divisions of pharmaceutical companies. Each

chapter in the book includes an abstract to highlight the major points discussed in the text and concluding remarks are given. References to books, monographs, review articles and original papers are provided at the end of each chapter.