



HOW TO COMPLETE YOUR WORKBOOK

WITH LORRAINE DALLMEIER & LISA SHELLEY

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Ctrl+Shift+Enter Mastering Excel Array Formulas Mike Girvin, 2013-08-01 Designed with Excel gurus in mind this handbook outlines how to create formulas that can be used to solve everyday problems with a series of data values that standard Excel formulas cannot or would be too arduous to attempt Beginning with an introduction to array formulas this manual examines topics such as how they differ from ordinary formulas the benefits and drawbacks of their use functions that can and cannot handle array calculations and array constants and functions Among the practical applications surveyed include how to extract data from tables and unique lists how to get results that match any criteria and how to utilize various methods for unique counts This book contains 529 screen shots *Conquering Math Myths with Universal Design* Jenna M. Rufo, Ron Martiello, 2024 Address and dismantle common math myths using UDL a lesson design approach that mitigates instructional barriers and leads to inclusive accessible mathematics instruction for all *Trauma Practice* Anna B. Baranowsky, J. Eric Gentry, 2023-05-08 New edition of this effective toolbox for treating trauma survivors is even more comprehensive This popular practical resource for clinicians caring for trauma survivors has been fully updated and expanded It remains a key toolkit of cognitive behavioral somatic therapy CBST techniques for clinicians who want to enhance their skills in treating trauma Baranowsky and Gentry help practitioners find the right tools to guide trauma survivors toward growth and healing Reinforcing this powerful intervention is the addition of a deeper emphasis on the preparatory phase for therapists including the therapists own ability to self regulate their autonomic system during client encounters Throughout the acclaimed book an effective tri phasic model for trauma treatment is constructed safety and stabilization working through trauma reconnection with a meaningful life as guiding principle enabling a phased delivery that is fitted to the survivor's relational and processing style The authors present clearly and in detail an array of techniques protocols and interventions for treating trauma survivors cognitive behavioral somatic and emotional relational These include

popular and effective CBST techniques approaches inspired by research on neuroplasticity and interventions informed by polyvagal theory Many techniques include links to video or audio material demonstrating how to carry out the intervention Further sections are devoted to forward facing trauma therapy a safe effective and accelerated method of treating trauma and to clinician self care Over 40 video and audio demonstrations of many of the techniques are available for download There are also 36 handouts for clients that can be downloaded and printed for clinical use

The Age of Fitness Jürgen

Martschukat,2021-01-22 We live in the age of fitness Hundreds of thousands of people run marathons and millions go jogging in local parks work out in gyms cycle swim or practice yoga The vast majority are not engaged in competitive sport and are not trying to win any medals They just want to get fit Why this modern preoccupation with fitness In this new book Jürgen Martschukat traces the roots of our modern preoccupation with fitness back to the birth of modern societies in the eighteenth century showing how the idea of fitness was interwoven with modernity's emphasis on perpetual optimization and renewal But it is only in the period since the 1970s he argues that the age of fitness truly emerged as part and parcel of our contemporary neoliberal era Neoliberalism enjoins individuals to work on themselves to cultivate themselves in body and mind Fitness becomes a guiding principle of social life an era defining network of discourses and practices that shape individuals actions and self conceptions The pursuit of fitness becomes a cultural repertoire that is deeply ingrained in our institutions and way of life This wide ranging book shows how deeply fitness is inscribed in modern societies and how important fitness has become to success or failure recognition or exclusion in a society that sets great store by self responsibility performance market and competition It will be of great value not only to those interested in sport and fitness but also to anyone concerned with the conditions of success and failure in our societies today

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