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ASMR Julie Young, Ilse Blansert, 2015-05-05 ASMR stands for Autonomous Sensory Meridian Response A way to beat insomnia and reduce stress ASMR is a relaxed tingling feeling that many people report having as a response to particular stimuli such as close personal attention tapping or whispering Idiot's Guides ASMR offers a clear explanation of its benefits different trigger types and how to experience its effects Bonus content includes exclusive interviews with the top ASMR artists and online video content

A Brief History of Anxiety...Yours and Mine Patricia Pearson, 2008-03-04 Drawing on personal episodes that are by turns gripping and laugh out loud funny Pearson delves into the history and geography of anxiety in a quest to understand this most ancient of human emotions Why do we feel fear even when it has no cause What triggers phobias Why are Americans so much more likely to have clinically significant levels of anxiety than their Mexican neighbors Why did Darwin treat his hypochondria with sprays from a hose Why have we forsaken the insights of some of our greatest philosophers theologians and psychologists in favor of prescribing addictive drugs Finally Pearson documents her struggle to withdraw from antidepressants and to find more self aware and philosophically grounded ways to strengthen the soul

BOOK JACKET **Unwind Your Mind** Emma WhispersRed, 2019-11-12 Ease Anxiety Improve Sleep and Find Calm Through ASMR Join the millions experiencing the soothing power of ASMR Autonomous Sensory Meridian Response a radical new wellness trend for relaxation and stress relief with proven benefits similar to meditation In Unwind Your Mind beloved ASMRtist Emma WhispersRed explores how this powerful practice can help us find calm and be present anytime and anywhere Unwind Your Mind blends exercises to help you experience calm through ASMR every day In her trademark therapeutic soothing style Emma WhispersRed helps us incorporate ASMR into our daily lives revolutionizing our approach to self care mindfulness and healing Complete with a foreword from the psychologist who led one of the largest studies on ASMR this essential guide to ASMR offers both the latest research on this growing phenomenon and the practical tools for fighting anxiety and finding calm in our lives Unwind Your Mind is supplemented by three companion audio originals the first of their kind widely available ASMR for Your Commute ASMR for Your Lunch Break and ASMR for Bedtime

At First Sight Hannah Sunderland, 2021-04-01 Two strangers Two chance meetings One extraordinary love story *Laughing and Learning* Peter M. Jonas, 2010 In Laughing and Learning leadership consultant and university professor Peter M Jonas explores the ways in which humor can enhance the learning environment Drawing upon empirical research and brain based concepts Jonas presents a theoretical model of humor along with practical examples for use in schools and classrooms Jonas demonstrates that humor is a natural and fundamental activity that teachers and administrators need to utilize properly to maximize their effectiveness

Mediaweek, 2007-04 **Every Saturday**, 1872 **Social Welfare**, 2015-04 **The Comics Journal**, 2009 **Financial Executive**, 2008 **Health Beat**, 2013 **The Times Index**, 2012 Indexes the Times Sunday times and magazine Times literary supplement Times educational supplement Times educational supplement

Scotland and the Times higher education supplement *Live Stock Journal* ,1889 *The New York Times Index* ,2009
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