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British Psychological Society

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Social Media Communication Jeremy Harris Lipschultz, 2023-07-18 This updated fourth edition presents a wide scale interdisciplinary guide to social media communication. Examining platforms like Facebook, Instagram, Snapchat, TikTok, Twitter, and YouTube, the book analyzes social media's use in journalism, public relations, advertising, and marketing. Lipschultz focuses on key concepts, best practices, data analyses, law, and ethics, all promoting the critical thinking that is needed to use new, evolving, and maturing networking tools effectively within social and mobile media spaces. Featuring historical markers and contemporary case studies, essays from some of the industry's leading social media innovators, and a comprehensive glossary, this practical, multipurpose textbook gives readers the resources they will need to both evaluate and utilize current and future forms of social media communication. Updates to the fourth edition include expanded discussion of disinformation, the impact of artificial intelligence, AI, natural language chatbots, virtual and augmented reality technologies, and the COVID-19 infodemic. *Social Media Communication* is the perfect social media primer for students and professionals, and with a dedicated online teaching guide ideal for instructors too.

Never Let Them See You Sweat Leigh Vinocur, 2025-07-10
2025 American Bookfest Best Book Awards Finalist Women's Health Get ready to learn how to harness stress for success with insight, personal stories, and laughs from a medical doctor who shows the science behind the advice and methods. In her new book, part memoir, part self-help, *Never Let Them See You Sweat*, Dr. Leigh empowers women by relating to stresses as a single mother, career-minded woman in a male-dominated field, and experienced doctor appearing across a multitude of televised news broadcast in the country. This book was conceived and crafted during a particularly trying time in Dr. Leigh's life, alongside living through the unprecedented pandemic in which she found herself contemplating and discovering the truth about stress and how she could pass along advice and guidance to assist other women through daily stress and challenging times. Dr. Leigh offers a candid look behind the scenes of her professional and sometimes hilarious journey through life and the knowledge she's accumulated because beyond the all-together TV appearances and years of medical experience, she is still a woman under pressure and a bit of a neurotic perfectionist who had to learn how to never let them see her sweat.

Beyond Self-Care Gail Markin, 2022-11-09 So often, educators' conversations about well-being begin and end with self-care without addressing all aspects of educator wellness. Author Gail Markin explores the importance of well-being at individual, group, and system levels, as well as the role of leadership in supporting cultures of well-being. Using research-based practices and excerpts of conversations from working educators, Markin delivers a guidebook to healthier, more passionate schools. This book will help K-12 leaders understand why well-being matters in education. Learn about research-based SEL-focused self-care practices, improve their leadership skills to better support well-being in their school community, access real-world examples that illustrate how these practices work, build better systems to improve both personal and collective well-being. Contents: Introduction, Chapter 1: The Why: Why Well-Being Matters, Chapter 2: The Self: The Beauty of and the Problems With

Self Care Chapter 3 The Other Social Connection and Belonging Chapter 4 The Other Psychological Safety Chapter 5 The System Change Is Possible Conclusion Appendices References and Resources Index Nursing Times, Nursing Mirror,2006

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