

Loving upward: A novel

Richie, Mary

Note: This is not the actual book cover

Loving Upward

Samuel Rutherford Crockett



Loving Upward:

Emotional Well-Being: George Stanford Ph.D, 2016-09-27 *Emotional Well Being From Science to Practice* is based in current research in psychology and neuroscience on maintaining emotional stability cultivating loving human connections and pursuing high benefit purposes in life It provides detailed practical applications in daily life derived from a new comprehensive model of emotional well being The book serves as a basis for experiential workshops and professional continuing education developed and offered by the authors This book *Emotional Well Being From Science to Practice* is soundly based in science and extremely practical The authors give you three golden keys to experiencing a meaningful and satisfying life with specific steps on how to make simple but significant changes for the better If you applied even half of what is offered here you could easily be living the life you always dreamed of Judi Neal Ph D Chairman and CEO of Edgewalkers International This book skillfully integrates scientific research and practical skills to achieve well being The authors present a comprehensive and innovative model of thriving It summarizes complex scientific research in a way that is understandable for the general public Anyone looking for a way to enhance maintain physical and psychological well being will find this book of great value It could also be used by clinicians to help clients enrich their lives Karen Wilson Ph D Professor of Psychology St Francis College Brooklyn *Emotional Well Being from Science to Practice* provides an in depth guide to emotional wellness As a researcher and community based practitioner I was excited to find a practical text grounded in the best available science and accessible to community audiences This book stands as the preeminent guide to emotional wellness for researchers and community practitioners Pearl Anna McElfish PhD MBA Director of Community Health and Research University of Arkansas For Medical Sciences

For the Love of Physics Walter Lewin, 2011-05-03 YOU HAVE CHANGED MY LIFE is a common refrain in the emails Walter Lewin receives daily from fans who have been enthralled by his world famous video lectures about the wonders of physics I walk with a new spring in my step and I look at life through physics colored eyes wrote one such fan When Lewin s lectures were made available online he became an instant YouTube celebrity and The New York Times declared Walter Lewin delivers his lectures with the panache of Julia Child bringing French cooking to amateurs and the zany theatricality of YouTube s greatest hits For more than thirty years as a beloved professor at the Massachusetts Institute of Technology Lewin honed his singular craft of making physics not only accessible but truly fun whether putting his head in the path of a wrecking ball supercharging himself with three hundred thousand volts of electricity or demonstrating why the sky is blue and why clouds are white Now as Carl Sagan did for astronomy and Brian Green did for cosmology Lewin takes readers on a marvelous journey in *For the Love of Physics* opening our eyes as never before to the amazing beauty and power with which physics can reveal the hidden workings of the world all around us I introduce people to their own world writes Lewin the world they live in and are familiar with but don t approach like a physicist yet Could it be true that we are shorter standing up than lying down Why can we snorkel no deeper than about one

foot below the surface Why are the colors of a rainbow always in the same order and would it be possible to put our hand out and touch one Whether introducing why the air smells so fresh after a lightning storm why we briefly lose and gain weight when we ride in an elevator or what the big bang would have sounded like had anyone existed to hear it Lewin never ceases to surprise and delight with the extraordinary ability of physics to answer even the most elusive questions Recounting his own exciting discoveries as a pioneer in the field of X ray astronomy arriving at MIT right at the start of an astonishing revolution in astronomy he also brings to life the power of physics to reach into the vastness of space and unveil exotic uncharted territories from the marvels of a supernova explosion in the Large Magellanic Cloud to the unseeable depths of black holes For me Lewin writes physics is a way of seeing the spectacular and the mundane the immense and the minute as a beautiful thrillingly interwoven whole His wonderfully inventive and vivid ways of introducing us to the revelations of physics impart to us a new appreciation of the remarkable beauty and intricate harmonies of the forces that govern our lives

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