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Raising Good Teens Lesley Morgan, 2024-10-29 Parenting teenagers can be overwhelming as emotional turbulence shifting relationships and the pressures of modern life impact both teens and their families This book serves as a vital resource for parents seeking to build stronger more resilient teens while fostering healthy communication and emotional intelligence Raising Good Teens begins by exploring the intricacies of the teenage brain examining how neurological changes affect behavior decision making and emotions It dives into the science of why teens act the way they do providing parents with a foundational understanding of adolescent development From here Raising Good Teens offers guidance on how parents can build emotional intelligence for themselves and their teens a crucial skill for navigating the ups and downs of adolescence The final chapters take a holistic approach offering advice on preparing teens for life after high school celebrating milestones and maintaining strong family bonds This book offers a roadmap to raising teens who are not only confident and resilient but also compassionate and well equipped to face the challenges of adulthood Grab your copy now

Soft Skills- Essentials of Personality Development for Successful Life Dr. Anil Koparkar, Dr. Hetal Gaglani, Dr.

T.V.S.Padmaja, Dr. Uma Rajmohan, 2024-07-05 Soft Skills Essentials of Personality Development for a Successful Life is a priceless manual created to give people the fundamental skills they need to confidently and deftly negotiate the difficulties of modern life In depth exploration of the complex nature of soft skills and their significant influence on both personal and professional success are provided by this extensive guide This book examines a wide range of soft skills using a holistic perspective from leadership abilities and emotional intelligence to interpersonal connections and effective communication Every chapter provides readers with useful knowledge doable solutions and real world examples to help them develop these essential abilities In order to support experiential learning and skill development readers are not only given theoretical knowledge but are also led via interactive exercises and reflective prompts Soft Skills is a road map for career success and personal development regardless of your age a student getting ready to enter the field or an experienced professional looking to improve your leadership skills It provides readers with a road plan for realizing their greatest potential cultivating deep connections and meeting obstacles head on with grace and resiliency

One a Day Vendon Wright, 2014-07-28 During the course of our lives we encounter numerous obstacles that challenge us on every level They vary from stressful situations to issues concerning our perception of ourselves Some of the challenges put us under such immense pressure that there are days where we feel as though we could do with a little help and support Since our daily problems change it is also necessary to have a variety of techniques to suit One a Day addresses the main principals of living a happier life in greater detail It covers techniques on confidence building communication skills how to deal with stress handling rejection and dealing with criticism Using the step by step guide increases our tolerance level to stress and restores our belief in our abilities There will be days when we need tips on self help and other days where we require advice on becoming more successful One a Day has

an inspirational phrase for every day of the year Train your mind to divert your thoughts as you rapidly grow in strength Read One a Day and watch your personality change for the better at the same time as becoming more confident and successful

Good Thinking Sarah Edelman, Louise Remond, 2017-06-01 Practical help for teenagers navigating negative emotions stress and self defeating behaviour Although most of us pay little attention to our emotions feelings like anxiety anger frustration guilt and sadness can have a huge impact on our lives Sometimes we get stuck in negative ways of thinking that perpetuate these emotions even when what is happening in our lives is not that bad Teenage years can be a particularly challenging time There are lots of changes happening physical social and mental and emotional ups and downs are common Upsetting emotions can lead to self defeating behaviours such as avoidance irritability withdrawal and brooding While our emotions seem to have a life of their own there are actually lots of things we can do to affect them Learning skills to manage unhelpful emotions can make our lives much easier now and into the future They can also help us to get back on track more quickly when things go wrong Cognitive Behavioural Therapy CBT is an approach used by therapists all over the world to help people learn to think in a healthy and balanced way and to bounce back more quickly from stressful events It provides techniques to help overcome stress negative emotions and self defeating behaviour Bestselling author of *Change Your Thinking* Sarah Edelman and Louise Remond a specialist in therapy for teenagers explain how to use these skills with clarity and compassion The book contains plenty of real life examples practical tools and exercises These strategies have a proven track record and are valuable skills for a happier and more confident life

McGraw-Hill's Conquering the ACT Math and Science, 2nd Edition Steven W. Dulan, 2011-09-22 Triumph over tough equations face down formulas and get top scores on the GMAT If you're struggling with ACT math or science you can rest easy the revised and updated edition of McGraw Hill's *Conquering ACT Math and Science* is here Written by an expert ACT instructor this book offers intensive review for every type of math and science question on the GMAT Within each topic solved problems of gradually increasing difficulty help you build your problem solving skills McGraw Hill's *Conquering ACT Math and Science* is packed with step by step explanations and in depth practice You'll be able to test and flex your skills through the book's exercises and you can get more practice online at MHPracticePlus.com

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Coping in Good Times and Bad Erica Frydenberg, 2022-08-30 No one thinks about how well they're coping with life's daily stresses until they're not. *Coping in Good Times and Bad* brings together what we know about coping so we can create a life of health, joy, satisfaction, resilience, and wellbeing. Coping and resilience have become very commonly used words, especially in our COVID-impacted world, but what we need is a template for a good life. Decades of research, teaching, and professional practice have provided psychologist Erica Frydenberg with intimate insight into how and why we cope well and not so well, and practical ways of developing and refining our coping strategies. Integrating coping with key proven ideas in contemporary psychology such as emotional intelligence, mindset, mindfulness, and grit, she goes beyond focusing on particular kinds of crisis, trauma, relationship breakdown, anxiety, and addresses the need for a framework that strengthens us through life in good times and bad.

Project Management in Practice Jack R. Meredith, Scott M. Shafer, 2024-12-17 Offers streamlined, student-friendly coverage of all key areas of project management. Emphasizing the technical aspects of the project management life cycle, *Project Management in Practice* employs an applied approach to the essential tools, strategies, and techniques required to successfully plan and execute a project. The eighth edition of this leading textbook provides clear and reliable coverage of project activity, risk planning, budgeting, and scheduling, resource allocation, project monitoring, project evaluation, and much more. Designed for those preparing for or currently involved in the actual use of a project to achieve an objective, *Project Management in Practice* describes fundamental project management concepts and highlights the skills that project managers need to achieve an organization's strategic goals. Easily accessible chapters feature cases that build upon the material from previous chapters, real-world examples, numerous tables and figures, end-of-chapter review questions, and discussion topics that reinforce key material. With its concise pedagogy and hands-on focus, *Project Management in Practice*, Eighth Edition, is an ideal textbook for one-semester undergraduate and graduate courses or modules in business, engineering, and any curriculum where projects will play an important role in the success of the organization. New to this Edition: New discussion of generative AI applications to projects and the role it plays in project management; New discussions on sustainability, proven techniques for innovation, and managerial bias in developing and approving the business case for potential projects; New, non-packaged software approach to monitoring progress on a project that students can set up with a simple spreadsheet; New supplement that discusses the PMBOK Guide and the Standard for Project Management; New material on the varied interests of different stakeholders of a project; Expanded coverage of mega and inter-organizational projects; Increased emphasis on the importance of visible organizational support and how to obtain it; New content on relating a project to organizational strategy; Added focus on the importance of achieving an organization's target benefits for a project; New discussion of measuring project success beyond standard measures of cost and time; Updated coverage of the continuum from Agile to Waterfall project management; New and revised references throughout.

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The Win-Win Approach: Negotiating outcomes that benefit all parties Silas Mary,2025-01-17 The Win Win Approach teaches readers how to negotiate in a way that creates mutually beneficial outcomes This book moves beyond traditional competitive negotiation tactics and offers a collaborative approach where both parties can walk away satisfied By focusing on understanding each other s interests building trust and fostering open communication The Win Win Approach empowers readers to create lasting agreements that enhance relationships and drive results Through practical tips and techniques this book shows how to navigate even the toughest negotiations with ease and professionalism ensuring that all parties leave the table with a sense of achievement The Win Win Approach is ideal for business leaders entrepreneurs and professionals seeking to improve their negotiation skills and achieve outcomes that benefit everyone involved **McGraw Hill ACT 2024** Steven W. Dulan,Amy Dulan,2023-07-06 Achieve Your Best Score A strong ACT score will still help you stand out to college admissions officers This guide is the most comprehensive and relevant ACT prep tool on the market We will help you excel on your exam with 8 full length practice tests Access to a robust ACT online platform Realistic practice questions just like the ones on the real ACT with thorough answer explanations Exercises that specifically address the concepts tested in all ACT sections including the paired passage format of the Reading test the Essay format including information on scoring and hundreds of Math practice questions Expanded answer explanations for the questions students find most challenging Student tested strategies by expert authors who have prepared thousands of exam takers for success Index of all question types **Good Housekeeping** ,1929 **McGraw-Hill Education ACT ELITE 2021** Steven W. Dulan,Amy Dulan,2020-07-21 We Will Help You Get Your Best Score With more than 125 years of experience in education

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