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<u>Little Womens Guide Personal Power Ebook</u>

Martyn Denscombe

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Insight Guides City Guide Beijing (Travel Guide eBook) Insight Guides, 2017-01-01 Modern Beijing is a dynamic and increasingly sophisticated city with a wealth of unique history and fascinating culture Be inspired to visit by Insight City Guide Beijing a full colour guide to this captivating city Inside Insight City Guide Beijing A fully overhauled edition by our expert author Stunning photography that brings this ancient city and its people to life Highlights of the city s top attractions from the breathtaking space of Tiananmen Square and historic buildings of the Temple of Heaven to the dynamic creativity of the 798 Art District and cutting edge design at the National Stadium Descriptive area by area accounts cover the whole city from the Forbidden City to the Summer Palaces and beyond on excursions to the Great Wall of China and Chengde A comprehensive Travel Tips section includes all the practical information you will need for your trip including getting around Detailed high quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip About Insight Guides Insight Guides has over 40 years experience of publishing high quality visual travel guides We produce around 400 full colour print guide books and maps as well as picture packed eBooks to meet different travellers needs Insight Guides unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure Insight Guides has spawned many imitators but is still the best of its type Wanderlust Magazine EBOOK: The Good Research Guide: For Small-Scale Social Research Projects Martyn Denscombe, 2017-06-16 This bestselling introductory book offers practical and straightforward guidance on the basics of social research ideal for anyone who needs to conduct small scale research projects as part of their undergraduate postgraduate or professional studies The book provides A clear straightforward introduction to data collection methods and data analysis Jargon free coverage of the key issues Checklists to guide good practice The sixth edition has been extensively updated and includes features such as A new chapter on the Life Course Perspective A new chapter on Literature Reviews New material on the Delphi Technique An updated and expanded chapter on the analysis of Quantitative Data New examples and illustrations throughout The Good Research Guide 6th edition is a valuable resource for anyone conducting social research including those in applied areas such as business studies health studies nursing education social work policy studies marketing media studies and criminology Denscombe s The Good Research Guide now in its 6th edition continues to be one of the leading books in the field It covers the topics a student or practitioner doing a research project needs to know from project design theoretical underpinnings of research data collection and analysis to writing up your research Its accessible and practical approach means that it is an excellent resource for those new to undertaking independent research Liam Foster Senior Lecturer in Social Policy and Social Work Sheffield University UK Martyn Denscombe s text continues to remain core reading for those undertaking small pieces of research and those who need to gain a firm grounding in the principles of research theory and practice From deciding on a research approach to the

process of writing up this finely balanced edition offers a comprehensive and detailed guide to the research cycle Pragmatic and with the needs of the researcher always in mind it makes social science research accessible undaunting and what s more a completely possible stimulating and enjoyable endeavour Yunis Alam Faculty of Social Sciences University of Bradford UK The Good Research Guide provides a comprehensive view of the complex strategies and approaches of conducting social research explained in simple terms Relevant examples and check lists provided in each section not only helps to gain better understanding but also reflect on one s own research This book has tremendously helped me to gain knowledge and understanding of complex research strategies It will provide clear guidance and direction for students and researchers in their research journey to achieve success Deborah Ebenezer Research Student I think the book has a very good pr cis of areas relevant to the title It outlines very well in a logical order the elements pertinent to social research Each chapter is relatively comprehensive and deals with subject material that is important in a language that is accessible throughout It does what it savs on the tin and provides practical information and guidance as a how to text for those needing help with this type of research project In particular I think the checklists are an excellent chapter ending to help plan and bring into sharp focus what is needed for any particular approach The within chapter examples are excellent and help to further inform the reader what the author is trying to convey Chapter links help further embed concepts and show how the various research elements may be associated Overall an excellent introductory text that embodies a no nonsense approach to a subject that can be at times complex By breaking down topic areas and giving simple examples the subject is eminently accessible to the reader Well done Stephen Pearson Senior Lecturer in Human and Applied Physiology School of Health Sciences University of Salford UK This new edition provides comprehensive guidance to those undertaking small scale social research projects including dissertations in business and management and the social sciences and I would recommend its use for all those new to research and also to refresh the thinking of those with prior research experience Part 1 addresses a range of strategies for social research including surveys sampling case studies experiments ethnography the life course perspective grounded theory action research phenomenology systematic review and mixed methods There are few texts which address research strategies in such a comprehensive manner The text develops in Part 2 by providing clear guidance on the selection and use of appropriate methods of data collection such as questionnaires interviews observation and documentary analysis taking into account the aims and objective of the research project Part 4 considers both quantitative and qualitative data analysis with Part 4 providing essential information on research ethics the reporting of research and on the conduct and presentation of the literature review essential to all research projects I have no hesitation in commending this text for use by undergraduate and post graduate students as well as those undertaking research projects independent of an academic programme Dr Bobby Mackie Senior Lecturer School of Business and Enterprise University of the West of Scotland UK

EBOOK: The Social Worker's Guide to the Social Sciences: Key Concepts John Pierson, Martin Thomas, 2013-04-16

This book provides social work students and professionals with core knowledge of the most important concepts in the social sciences Offering a straightforward guide to diverse and complex disciplines the book will equip and encourage you to delve further into the way societies function and individuals behave The book addresses the concepts in social science which are most relevant to social work among them Poverty and inequality Markets and capitalism Social class Child development The nature of risk All entries begin with an initial definition then move to a fuller explanation taking into account the challenges and issues that social workers face in practice The Social Worker's Guide to the Social Sciences is a must have text for students and practitioners enabling them to link their understanding of the social sciences to their professional concerns priorities needs and interests Insight Guides Egypt (Travel Guide eBook) Insight Guides, 2020-02-01 Insight Guides Egypt Travel made easy Ask local experts Comprehensive travel guide packed with inspirational photography and fascinating cultural insights From deciding when to go to choosing what to see when you arrive this guide to Egypt is all you need to plan your perfect trip with insider information on must see top attractions like the Pyramids of Giza the Red Sea and the Thebes Necropolis and cultural gems like cruising the Nile discovering Aswan and exploring the Temple of Karnak Features of this travel guide to Egypt Inspirational colour photography discover the best destinations sights and excursions and be inspired by stunning imagery Historical and cultural insights immerse yourself in Egypt's rich history and culture and learn all about its people art and traditions Practical full colour maps with every major sight and listing highlighted the full colour maps make on the ground navigation easy Editor's Choice uncover the best of Egypt with our pick of the region's top destinations Key tips and essential information packed full of important travel information from transport and tipping to etiquette and hours of operation Covers Cairo Giza Memphis and Saggara the Oases of Egypt s Western Desert Middle Egypt Upper Egypt Abu Simbel and Nubia Alexandria the Suez Canal the Sinai the Red Sea Looking for an easy way to get around Check out Insight Guides Flexi Map Egypt for a clear and comprehensive trip around the country About Insight Guides Insight Guides is a pioneer of full colour guide books with almost 50 years experience of publishing high quality visual travel guides with user friendly modern design We produce around 400 full colour print guide books and maps as well as phrase books picture packed eBooks and apps to meet different travellers needs Insight Guides unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next The Rough Guide to Italy (Travel Guide eBook) Rough Guides, 2016-04-01 The Rough Guide to Italy is full adventure of painstakingly researched information and inspiration to help you enjoy every moment of your Italian adventure Whether you re after action or relaxation Italy won t disappoint from touring Tuscan hill towns to wine tasting your way around Friuli Venezia Giulia lazing on the Amalfi Coast to shopping till you drop in Milan brushing up on Renaissance art in Florence to kitesurfing in Sardinia Rough Guides expert tips and jaw dropping photos give you everything you need for the perfect stay in Italia And although it s hard to go wrong with food in Italy we ve got the lowdown on the most authentic rustic trattoria

Michelin starred restaurants and favourite aperitivi haunts not to mention the best places to learn how to cook like a local Full colour maps throughout at regional and city level ensure you won t lose your way There are also suggested itineraries to help with planning reliable reviews of the best places to stay from welcoming agriturismi to stylish city centre hotels plus in depth and engrossing sections on Italy s history art and architecture and groundbreaking film industry and finally a handy language guide Make the most of your holiday with The Rough Guide to Italy A Guide To Descriptive Writing: **Practice eBook (2nd Edition)** Adda247 Publications, ADDA 247 is proud to announce that we have launched the 2nd Edition of the Descriptive Writing eBook especially for Syndicate Bank PO Recruitment 2018 The aim of this book by Adda247 is to equip students with the art to tackle descriptive paper which will help them to maximise their scores in the competitive examination Overall the book is designed and categorised into proper sections dealing with Essay Writing Letter Writing and Pr cis Writing with practice exercise structured to reinforce the concepts in student's mind with the type of guestions that are being asked in the current scenario of bank insurance SSC and other competitive exams This eBook is designed meticulously by the most prominent individuals in the teaching sector and promise to provide you with an escapade that will broaden your horizons We should never be confined by the limits of our brain and this eBook which is thoroughly revised and covers almost every important topic for the descriptive paper of upcoming Banking Insurance SSC and other exams Our eBook which is based on the latest pattern is second to none and the recent results of the aspirants speak volumes about the quality and credibility of it Some features associated with this book are Format and useful writing tips for Letter Essay and Pr cis writing Incorporates all popular and expected topics for Essay writing Solved examples of different types of formal and informal letters asked in competitive exams Practice Exercise of Letter Writing Expected Essay Writing Topics Based on Current Affairs Validity 1 Years The Rough Guide to Brazil: Travel Guide eBook Rough Guides, 2024-04-01 This Brazil guidebook is perfect for independent travellers planning a longer trip It features all of the must see sights and a wide range of off the beaten track places It also provides detailed practical information on preparing for a trip and what to do on the ground And this Brazil travel guidebook is printed on paper from responsible sources and verified to meet the FSC s strict environmental and social standards This Brazil quidebook covers Rio de Janeiro Minas Gerais and Esp rito Santo Bahia The Northeast The Amazon Bras lia and the Planalto Central Mato Grosso and Mato Grosso do Sul S o Paulo The South Inside this Brazil travel book you ll find A wide range of sights Rough Guides experts have hand picked places for travellers with different needs and desires off the beaten track adventures family activities or chilled out breaks Itinerary examples created for different time frames or types of trip Practical information how to get to Brazil all about public transport food and drink shopping travelling with children sports and outdoor activities tips for travellers with disabilities and more Author picks and things not to miss in Brazil Views from the Corcovado Salvador Bras lia Paraty Carnaval Fernando Fernando de Noronha S o Paulo The Pantanal Churrascarias de Porto Alegre Trekking in the Chapada Diamantina Olinda Ilha Santa Catarina Beaches

Rio Nightlife Serra Verde Express Igua u Falls Brazilian Futebol Colonial Rio Morro de S o Paulo Ouro Preto Copacabana The Agu rio Natural Insider recommendations tips on how to beat the crowds save time and money and find the best local spots When to go to Brazil high season low season climate information and festivals Where to go a clear introduction to Brazil with key places and a handy overview Extensive coverage of regions places and experiences regional highlights sights and places for different types of travellers with experiences matching different needs Places to eat drink and stay hand picked restaurants cafes bars and hotels Practical info at each site hours of operation websites transit tips charges Colour coded mapping with keys and legends listing sites categorised as highlights eating accommodation shopping drinking and nightlife Background information for connoisseurs history culture art architecture film books religion diversity Essential Portuguese dictionary and glossary of local terms Fully updated post COVID 19 The guide provides a comprehensive and rich selection of places to see and things to do in Brazil as well as great planning tools It s the perfect companion both ahead of your trip and on the ground **EBOOK: Coaching Skills: The definitive guide to being a coach** Jenny Rogers, 2016-05-16 This book has been a best seller for coaches all over the world since the first edition was published in 2004 Coaches appreciate its straightforward advice on how to coach and the truthful way the book captures the actual experience of coaching This 4th edition has been extensively updated It keeps the most popular features of earlier editions and also includes material on The magic ingredients that determine whether the coach client relationship works Why goal setting and questioning are such important skills for any coach and how you can acquire them How to use the insights that are emerging from neuropsychology How as a coach you can work with clients to get them past their blocks and barriers How to cope with clients who cry or who report traumatic experience and where the boundaries are with therapy How to give vital information but in coaching style How to blend challenge with support Tips and hints on how to coach by phone A full template on how to run the first session There are a multitude of reasons why the latest edition of this best selling book deserves a place on the bookshelves of both new and more experienced coaches Practical exercises and techniques such as the Life Scan Wheel Magic Questions Immunity to Change grid and the OSCAR model are clearly explained and new to this edition is a useful and detailed first session template She has gathered together insights and gems from books as diverse as Daniel Kahnemann s Thinking Fast and Slow and Carl Jung s Modern Man in Search of a Soul It transforms what could have been a dry manual into a stimulating and pleasurable read as well as an information dense resource and a worthy investment of any coach s time and money Review in Coaching Today January 2017 Issue 21 EBOOK: Psychology 5e HOLT, 2023-02-09 The fifth edition of Psychology The Science of Mind and Behaviour continues to build on its strong biopsychosocial approach and balancing of classical and contemporary theory The celebrated pedagogical design has been reinforced with additional pedagogical features and real world issues to offer an exciting and engaging introduction to the study of psychology The fifth edition has been fully updated to reflect new developments in the field and the scientific approach brings together

international research and practical application to encourage critical thinking about psychology and its impact on our societies and daily lives Key features Brand New The Bigger Picture takes a step back and reflects on how a subject can be interpreted from different angles Replacing the Levels of Analysis feature the Bigger Picture explores not only the biological psychological and environmental levels but also cultural and developmental aspects as well Brand New Learning Goals and Review Questions encourage students to consider the core learnings of each chapter and critically assess their real world implications New and Updated Psychology at Work interviews from Psychologists in the field are now included in every chapter They provide a glimpse into their day to day work and the career path they have taken since completing a psychology degree Research Close Ups reflect new research and literature as well as updated critical thinking questions to encourage analysis and evaluation of the findings Current issues and hot topics such as Covid 19 fake news workplace psychology social media prosociality and critical perspectives of positive psychology prompt debates on the questions facing psychologists today Nigel Holt is Head of Department of Psychology at Aberystwyth University Wales Andy Bremner is Professor of Developmental Psychology and Head of Education at the University of Birmingham UK Michael Vliek is an affiliate of the University of Amsterdam The Netherlands and lectures at the University of Leiden The Netherlands Ed Sutherland is an Associate Professor in Psychology and Director of Learning and Teaching at the University of Leeds UK Michael W Passer is an Associate Teaching Professor at the University of Washington USA Ronald E Smith is Professor Emeritus of Psychology at the University of Washington USA Rough Guide to Japan (Travel Guide eBook) Rough Guides, 2020-07-01 The Rough Guide to Japan Make the most of your time on Earth with the ultimate travel guides World renowned tell it like it is travel guide Get Olympic ready with this practical tell it like it is guidebook to Japan Featuring extensive listings and maps this is packed with information to help travellers make the most of their Tokyo 2020 Olympic adventure Discover Japan with this comprehensive and entertaining travel guide packed with practical information and honest recommendations by our independent experts Whether you plan to make the tough but rewarding hike up Mount Fuji wander through neon drenched Tokyo or take a tour around the numerous sake breweries The Rough Guide to Japan will help you discover the best places to explore eat drink shop and sleep along the way Features of this travel guide to Japan Detailed regional coverage provides practical information for every kind of trip from off the beaten track adventures to chilled out breaks in popular tourist areas Honest and independent reviews written with Rough Guides trademark blend of humour honesty and expertise our writers will help you make the most from your trip to Japan Meticulous mapping practical full colour maps with clearly numbered colour coded keys Find your way around Osaka Fukuoka and many more locations without needing to get online Fabulous full colour photography features inspirational colour photography including the tranquil moss covered temples of Kyoto and an abundance of delicious sushi that will leave you salivating Time saving itineraries carefully planned routes will help inspire and inform your on the road experiences Things not to miss Rough Guides rundown of Naoshima Yakushima Hiroshima and

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changed by the impact of what has happened They become numb and shut off from those around them or grief or guilt may constantly weigh them down Memories of horrifying scenes may intrude unexpectedly during waking hours while sleep may be disturbed by vivid unpleasant dreams These two practical guides on trauma and how to cope with its aftermath are written by internationally recognise trauma experts Overcoming Traumatic Stress Claudia Herbert Ann Wetmore Based on cognitive behavioural therapy CBT this self help quide offers a step by step programme to help you to understand your traumatic experience and how it s affecting you and to start to rebuild your life Traumatic stress responses including Post Traumatic Stress Disorder PTSD result from a person s coping mechanisms having been completely overwhelmed by a terrible experience Flashbacks may be so severe that sufferers may feel that they are losing their sanity and subsequently become ever more isolated in their distress To overcome the effects of trauma it is necessary to change those reactions and begin to see events in a different light This book demonstrates with practical advice and tested exercises how to find new effective ways of coping with and finally overcoming traumatic stress To Hell and Back John Marzillier In this innovative and engaging book world renowned psychologist John Marzillier dovetails first hand accounts from trauma sufferers with over 40 years of clinical practice to provide an honest human description of how trauma affects us at the time and also after the event Whether discussing accounts of terrorist bombings natural disasters road accidents or physical attacks he looks at what these experiences do to us and offers practical and consoling advice for both sufferers and their loved ones on coping with the experience and developing resilience for the future The Rough Guide to Belize (Travel Guide eBook) Rough Guides.2017-10-05 Uncover the very best of Belize with this fully updated ebook Rough Guides expert authors travelled the length and breadth of Belize while researching this guide seeking out the best guesthouses exploring ancient Maya ruins and trekking through knotted mangroves Written with our trademark blend of humour insight and practical advice The Rough Guide to Belize contains information on all the best places to eat drink and shop in Belize with price options ranging from backpacker budget to luxury This travel guide includes inspirational photography and colour coded maps and features a handy Things Not to Miss guide to make sure you don t miss any of the big hitting sights Whether you plan to dive the depths of the Blue Hole sip a cocktail in San Pedro or trek through the jungle of the Toledo District this is the ultimate companion to Belize **EBOOK: Sports in Society** Jay Coakley, Elizabeth Pike, 2014-04-16 Using a topics based approach organized around provocative questions about the interaction of sports culture and society Sports in Society presents an accessible introduction to research and theory in the sociology of sport This new edition continues the legacy of the previous editions while introducing new material and examples that bring theory to life Current debates in sports such as how youth participation can be increased or sport funding allocated have been integrated throughout the text to provide a holistic view of society An Online Learning Centre accompanies this book offering a range of lecturer support materials as well as resources and tests for students The Rough Guide to Japan (Travel Guide eBook) Rough Guides, 2017-09-07 Explore

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transport food and drink shopping travelling with children sports and outdoor activities tips for travellers with disabilities and more Author picks and things not to miss in Germany carnival in Cologne Schloss Neuschwanstein Lenbachhaus in Munich the Berlin Wall Jugendstil in Darmstadt Baden baden Spas Long distance Cycling Wilhelmsh he in Hesse Christmas markets beer gardens the Romantic Rhine Oktoberfest in Munich Ostalgie in Berlin the Zwinger in Dresden the Romantic Road Insider recommendations tips on how to beat the crowds save time and money and find the best local spots When to go to Germany high season low season climate information and festivals Where to go a clear introduction to Germany with key places and a handy overview Extensive coverage of regions places and experiences regional highlights sights and places for different types of travellers with experiences matching different needs Places to eat drink and stay hand picked restaurants cafes bars and hotels Practical info at each site hours of operation websites transit tips charges Colour coded mapping with keys and legends listing sites categorised as highlights eating accommodation shopping drinking and nightlife Background information for connoisseurs history culture art architecture film books religion diversity Essential German dictionary and glossary of local terms Fully updated post COVID 19 The guide provides a comprehensive and rich selection of places to see and things to do in Germany as well as great planning tools It s the perfect companion both ahead of your trip and on the ground

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