

2018 Men S Health Wall Calendar Mead

The only practical resource to focus solely on health issues specific to men Written by and for APRNs and PAs in the primary care setting, this is the first clinical reference to focus solely on managing health concerns that are specific to men. Filling a significant gap in knowledge about this patient group, the user-friendly reference delivers evidence-based guidelines for the day-to-day management of male patients. Designed for ease of use and quick access to information, the resource is divided into three sections: general men's health, overview of special issues in men's health, and urology and preventive cardiology. In addition to addressing the full gamut of urological and cardiac issues, the book discusses the basics of male physical assessment including sports assessment, male adolescent risk issues, musculoskeletal manifestations of stress in men, and health screening issues. Also covered are the aging male and physical activity, the health needs of male veterans, complementary and alternative health methods, chronic pain, high-risk MSM sexual health issues, and starting a men's health clinic. Key Features: The only practical men's health resource written specifically for APRNs and PAs by APRNs and PAs Organized to facilitate quick access to information Delivers evidence-based guidelines for men's healthcare Written and edited by noted APRN and PA men's health practitioners and faculty Addresses health issues in urology, cardiology treatment for men, and other health issues specific to men

This book is a comprehensive and easy-to-read guide to obstetrics and gynecology in developing countries. Although significant progress has been made towards the reduction of maternal mortality and morbidity globally, they are still unacceptably high in developing

countries. This can be directly or indirectly tied to poor quality maternal health care and lack of access to cost-effective, comprehensive healthcare. Health practitioners in developing countries also contend with trying to keep abreast of recent developments in obstetrics and gynecology while dealing with lack of time, resources, and access to relevant information. This textbook was thus created by experts in obstetrics and gynecology with extensive experience in African clinical settings and consultants in developed countries to teach proper and accurate diagnosis, treatment and management of gynecologic and obstetric health issues within the context of developing countries. This second edition has been fully updated throughout with an added 25+ chapters that cover topics such as reproductive health, gynecological cancers and research methods. The book is divided into six sections: Women's Reproductive Health; Obstetrics; Medical and Surgical Disorders in Pregnancy; General Gynecology; Gynecological Malignancies; Health Systems Organization, Research Methodology and Biostatistics. These section topics have been carefully covered by expert authors with the use of valid scientific data, policy instruments, and adapted to the cultural and social context of developing countries, with particular in depth coverage of conditions that have greater prevalence and incidence in developing countries. Each chapter also focuses on filling gaps in knowledge with a distinct pedagogical approach, starting with a set of learning objectives and ending with key takeaways for the chapter. This is an ideal guide for residents, medical students, practitioners of obstetrics and gynecology, midwives, general practitioners, and pediatricians, particularly those working in developing countries.

Worldwide, men have more opportunities, privileges, and power, yet they also have shorter life expectancies than women. Why is this? Why are there stark differences in the burden of

disease, quality of life, and length of life amongst men, by race, ethnicity, (dis)ability status, sexual orientation, gender identity, rurality, and national context? Why is this a largely unexplored area of research? Men's Health Equity is the first volume to describe men's health equity as a field of study that emerged from gaps in and between research on men's health and health inequities. This handbook provides a comprehensive review of foundations of the field; summarizes the issues unique to different populations; discusses key frameworks for studying and exploring issues that cut across populations in the United States, Australia, Canada, the United Kingdom, Central America, and South America; and offers strategies for improving the health of key population groups and achieving men's health equity overall. This book systematically explores the underlying causes of these differences, describes the specific challenges faced by particular groups of men, and offers policy and programmatic strategies to improve the health and well-being of men and pursue men's health equity. Men's Health Equity will be the first collection to present the state of the science in this field, its progress, its breadth, and its future. This book is an invaluable resource for scholars, researchers, students, and professionals interested in men's health equity, men's health, psychology of men's health, gender studies, public health, and global health.

From bestselling writer David Graeber—"a master of opening up thought and stimulating debate" (Slate)—a powerful argument against the rise of meaningless, unfulfilling jobs...and their consequences. Does your job make a meaningful contribution to the world? In the spring of 2013, David Graeber asked this question in a playful, provocative essay titled "On the Phenomenon of Bullshit Jobs." It went viral. After one million online views in seventeen different languages, people all over the world are still debating the answer. There are hordes of

people—HR consultants, communication coordinators, telemarketing researchers, corporate lawyers—whose jobs are useless, and, tragically, they know it. These people are caught in bullshit jobs. Graeber explores one of society's most vexing and deeply felt concerns, indicting among other villains a particular strain of finance capitalism that betrays ideals shared by thinkers ranging from Keynes to Lincoln. "Clever and charismatic" (The New Yorker), *Bullshit Jobs* gives individuals, corporations, and societies permission to undergo a shift in values, placing creative and caring work at the center of our culture. This book is for everyone who wants to turn their vocation back into an avocation and "a thought-provoking examination of our working lives" (Financial Times).

In 2011 the World Bank—with funding from the Bill and Melinda Gates Foundation—launched the Global Findex database, the world's most comprehensive data set on how adults save, borrow, make payments, and manage risk. Drawing on survey data collected in collaboration with Gallup, Inc., the Global Findex database covers more than 140 economies around the world. The initial survey round was followed by a second one in 2014 and by a third in 2017. Compiled using nationally representative surveys of more than 150,000 adults age 15 and above in over 140 economies, *The Global Findex Database 2017: Measuring Financial Inclusion and the Fintech Revolution* includes updated indicators on access to and use of formal and informal financial services. It has additional data on the use of financial technology (or fintech), including the use of mobile phones and the Internet to conduct financial transactions. The data reveal opportunities to expand access to financial services among people who do not have an account—the unbanked—as well as to promote greater use of digital financial services among those who do have an account. The Global Findex database has

become a mainstay of global efforts to promote financial inclusion. In addition to being widely cited by scholars and development practitioners, Global Findex data are used to track progress toward the World Bank goal of Universal Financial Access by 2020 and the United Nations Sustainable Development Goals. The database, the full text of the report, and the underlying country-level data for all figures—along with the questionnaire, the survey methodology, and other relevant materials—are available at www.worldbank.org/globalindex.

THE SUNDAY TIMES BESTSELLER How to train for anything and everything, anywhere and everywhere The World's Fittest Book is set to become every fitness enthusiast's bible. Dubbed the body's complete user guide, it will become the go-to resource for learning all you need to know about building muscle, losing fat, eating (healthy) cake and unlocking your superhuman physical potential. Packed with workouts the author tried and tested in the pursuit of multiple world records, it's more than a book, it's the greatest training tool ever written! Designed for anyone who wants to make permanent and lasting changes to their food and fitness, it's the first book to combine the teachings, tips and tricks of Olympic and World Champions into one, easy to follow resource. This book will show you how it's possible to: Live below 10% body fat with the aid of chocolate and Mayan secrets Add 27% more muscle mass, courtesy of tips from world heavyweight champions Increase speed by 10%, thanks to gold medal winning Olympic sprinters Squat, deadlift and bench weights you never dreamed of lifting, with the guidance of the world's strongest men Improve endurance capacity by 60%, thanks to the knowledge of world champions in multi endurance-based sports ...all of which the author has achieved during the 10-year 'Fitness Pilgrimage' that has taken him around the globe. Aiming to be the most eclectic and comprehensive fitness guide ever created, The World's Fittest Book is the

sum and substance of over a decade of research and the collective wisdom of some of the greatest minds and athletic bodies in history. By learning the lessons within it, readers will understand 'fitness' better than the vast majority of the population. Every chapter will have an easy to digest workout within it and can be read individually. But if you want to read the stories and the science behind the routines, that's there too. Until now, there hasn't been a book covering such an ambitious range of areas, catering for the casual fitness enthusiast seeking clarity and guidance in their own gym routine and kitchen habits as well as the seasoned sportsperson who's hit a plateau and is searching for tips, tricks and tweaks they can make to their training and diet. This book changes that, and will take you on a journey to whatever level of fitness you want to find.

This international collection examines violence and abuse in and around organisations. The collection documents the causes, specifically from the perspective of human relations and of the workplace conditions. It also highlights the specific risks associated with high-risk professions or working environments. The first section considers types of violence and abuse, their relative frequencies, potential individual and workplace antecedents, costs to individuals, family's organisations and societies, the fact both are increasing in frequency with new types (e.g., terrorism) appearing, and why addressing these has become increasingly important for individuals and organisations. The second section considers violence in interpersonal relationships such as bullying, incivility, bias and harassment, and toxic leadership. The third section examines unsafe workplaces, accidents, injuries, and deaths. The fourth section considers exploitive work conditions and arrangements such as precarious employment, the exploitation of immigrants, and human slavery. The final section offers suggestions on ways to

address violence and abuse in and around organisations. These include aggression preventative supervisor behaviours in health care, suicide prevention in the workplace, dealing with disgruntled employees and former employees, and workplace interventions that address stress reduction more broadly. As with other titles in the Psychological and Behavioural Aspects of Risk Series, this research-based collection is firmly grounded in the boundary between work and society and offers important insights into how social and cultural problems are manifest in the workplace and how poor and abusive workplace practice, in turn, spills out into wider life.

This book makes an important contribution to the international understanding of domestic violence and shares the latest knowledge of what causes and sustains domestic violence between intimate partners, as well as the effectiveness of responses in working with adult and child victims, and those who act abusively towards their partners. Drawing upon a wide range of contemporary research from across the globe, it recognises that domestic violence is both universal, but also shaped by local cultures and contexts. Divided into seven parts: • Introduction. • Theoretical perspectives on domestic violence and abuse. • Domestic violence and abuse across the life-course. • Manifestations of domestic violence and abuse. • Responding to domestic violence and abuse. • Researching domestic violence and abuse. • Concluding thoughts. It will be of interest to all academics and students working in social work, allied health, sociology, criminology and gender studies as well as policy professionals looking for new approaches to the subject.

Discover the cutting-edge science behind long-term weight loss success, in this

powerful new book from the New York Times bestselling author of *How Not to Die*. Every month seems to bring a trendy new diet or weight loss fad—and yet obesity rates continue to rise, and with it a growing number of diseases and health problems. It's time for a different approach. Enter Dr. Michael Greger, the internationally-renowned nutrition expert, physician, and founder of Nutrition Facts website. Author of the mega bestselling *How Not to Die*, Dr. Greger now turns his attention to the latest research on the leading causes—and remedies—of obesity. Dr. Greger hones in on the optimal criteria to enable weight loss, while considering how these foods actually affect our health and longevity. He lays out the key ingredients of the ideal weight-loss diet—factors such as calorie density, the insulin index, and the impact of foods on our gut microbiome—showing how plant-based eating is crucial to our success. But *How Not to Diet* goes beyond food to identify twenty-one weight-loss accelerators available to our bodies, incorporating the latest discoveries in cutting-edge areas like chronobiology to reveal the factors that maximize our natural fat-burning capabilities. Dr. Greger builds the ultimate weight loss guide from the ground up, taking a timeless, proactive approach that can stand up to any new trend. Chock full of actionable advice and groundbreaking dietary research, *How Not to Diet* will put an end to dieting—and replace those constant weight-loss struggles with a simple, healthy,

sustainable lifestyle.

Get an in-depth look at where nursing's most timely issues and trends all began with Ross-Kerr and Wood's *Canadian Nursing: Issues & Perspectives*, 6th Edition. This extensively updated, engaging text examines the latest issues and trends in Canadian nursing, along with the history which laid the groundwork for where nursing in Canada is now and can be in the future. Comprehensive coverage includes everything from the development of the profession of nursing in Canada to discussions of nursing knowledge, nursing research, and the theoretical foundations of modern nursing. The authors also examine issues in the delivery of nursing care as well as nursing education, credentialing, standards of care, entry to practice, informatics, and much more. In addition to its relevant and cutting-edge content additions, this new dual-colour sixth edition boasts a wealth of new reader-friendly learning features, easy-to-follow explanations, consistent chapter formatting, and extensive visual updates to help you better engage with content and apply learning. Comprehensive coverage of Canadian-specific nursing issues includes Canadian statistics, research, and legislation. Wealth of reader-friendly in-text learning features include Apply Content Knowledge boxes that provide focused opportunities for reflection and discussion, and Research Focus boxes that highlight current research to help

make content more applicable and relevant. UPDATED! Detailed references at the end of each chapter give you a direct path to further learning on a particular topic. Clear writing style, logical content organization, and consistent chapter formatting helps you better learn and retain complex chapter information. Thoughtful end-of-chapter features including chapter summaries and critical thinking questions help you gauge your mastery of chapter concepts. NEW! Revamped two-colour layout improves readability and visual appeal. NEW! Expanded and updated art program incorporates more vivid and up-to-date photos, charts, and graphs throughout the text. NEW! Coverage of the latest top-of-mind topics hits on historical colonialism vis-a-vis Canada's Indigenous population and its impact on nursing education; how nursing education will respond to the Calls to Action set forth by the Truth and Reconciliation Commission (TRC); (MAID) Medical Assistance in Dying, and much more. NEW! Separate chapters on Indigenous health and gender allows for greater attention to be placed on cultural diversity, feminism, and men's roles. NEW! Personal Perspectives boxes start each chapter and present real-world topics and situations to pique your interest in chapter content and stimulate critical thinking. NEW! Case studies added across the text help you apply theory to practice. NEW! Gender Considerations boxes and Cultural Considerations boxes are

threaded throughout all applicable text chapters to ensure you are well-grounded in how race, ethnicity, culture, and gender identity affects the patient experience. NEW! Balanced coast-to-coast Canadian coverage now includes the CAN 2017 Code of Ethics and updated CASN Standards.

INSTANT NEW YORK TIMES BESTSELLER A moving account of resilience, hope, fear and mortality, and how these things resonate in our lives, by actor and advocate Michael J. Fox. The entire world knows Michael J. Fox as Marty McFly, the teenage sidekick of Doc Brown in *Back to the Future*; as Alex P. Keaton in *Family Ties*; as Mike Flaherty in *Spin City*; and through numerous other movie roles and guest appearances on shows such as *The Good Wife* and *Curb Your Enthusiasm*. Diagnosed at age 29, Michael is equally engaged in Parkinson's advocacy work, raising global awareness of the disease and helping find a cure through The Michael J. Fox Foundation for Parkinson's Research, the world's leading non-profit funder of PD science. His two previous bestselling memoirs, *Lucky Man* and *Always Looking Up*, dealt with how he came to terms with the illness, all the while exhibiting his iconic optimism. His new memoir reassesses this outlook, as events in the past decade presented additional challenges. In *No Time Like the Future: An Optimist Considers Mortality*, Michael shares personal stories and observations about illness and health, aging, the strength of family

and friends, and how our perceptions about time affect the way we approach mortality. Thoughtful and moving, but with Fox's trademark sense of humor, his book provides a vehicle for reflection about our lives, our loves, and our losses. Running through the narrative is the drama of the medical madness Fox recently experienced, that included his daily negotiations with the Parkinson's disease he's had since 1991, and a spinal cord issue that necessitated immediate surgery. His challenge to learn how to walk again, only to suffer a devastating fall, nearly caused him to ditch his trademark optimism and "get out of the lemonade business altogether." Does he make it all of the way back? Read the book.

This book focuses on the social psychological aspects of gay men's lives and provides a cutting-edge examination of topics including sexual orientation, sexual behavior, identity, relationships, prejudice, and health. *The Social Psychology of Gay Men* forces us to re-think existing theory and research, much of which has taken heterosexuality for granted. With identity process theory at its heart, this book advocates a social psychology of gay men which incorporates three levels of analysis – the psychological, interpersonal and societal. The book promises not only a deeper understanding of gay men's lives but also pathways for enhancing wellbeing, intergroup relations and equality in this key population. This

illuminating and thought-provoking text is an invaluable resource not only for psychologists, but for students, scholars and practitioners working in the area of gay men's life.

Strength Training Past 50 is the authoritative guide for active adults. The all-new third edition features 83 exercises for free weights, machines, kettlebells, stability balls, and elastic bands and 30 programs for endurance, speed, and strength. This book comprehensively covers diversity, equity and inclusion (DEI) in the context of daily surgical practice. Through real-life illustrative case scenarios and experiences, this book explores DEI and its impact on academic surgery, career development, and clinical practice. Each chapter highlights a commonly encountered scenario and features extensive guidance on how to address each challenge secondary to both implicit explicit biases as well as detailing how to implement best practices. Diversity, Equity and Inclusion provides a detailed guide to the best practices and challenges associated with implementing DEI in day to day surgical practice and is a valuable resource for all surgical practitioners looking for a guide on how to successfully implement DEI strategies into daily clinical practice.

A revolutionary new argument from eminent Yale Law professor Daniel Markovits attacking the false promise of meritocracy It is an axiom of American life that

advantage should be earned through ability and effort. Even as the country divides itself at every turn, the meritocratic ideal – that social and economic rewards should follow achievement rather than breeding – reigns supreme. Both Democrats and Republicans insistently repeat meritocratic notions. Meritocracy cuts to the heart of who we are. It sustains the American dream. But what if, both up and down the social ladder, meritocracy is a sham? Today, meritocracy has become exactly what it was conceived to resist: a mechanism for the concentration and dynastic transmission of wealth and privilege across generations. Upward mobility has become a fantasy, and the embattled middle classes are now more likely to sink into the working poor than to rise into the professional elite. At the same time, meritocracy now ensnares even those who manage to claw their way to the top, requiring rich adults to work with crushing intensity, exploiting their expensive educations in order to extract a return. All this is not the result of deviations or retreats from meritocracy but rather stems directly from meritocracy's successes. This is the radical argument that Daniel Markovits prosecutes with rare force. Markovits is well placed to expose the sham of meritocracy. Having spent his life at elite universities, he knows from the inside the corrosive system we are trapped within. Markovits also knows that, if we understand that meritocratic inequality produces near-universal harm, we can

cure it. When *The Meritocracy Trap* reveals the inner workings of the meritocratic machine, it also illuminates the first steps outward, towards a new world that might once again afford dignity and prosperity to the American people.

This Handbook represents the first concerted effort to understand male mental health in a way that facilitates a positive step forward in both theory and treatment. An alarming number of men experience serious mental health issues, as demonstrated by high rates of suicide and violent offending. Despite these problems, the study of male psychology has either been overlooked, or viewed as a problem of defective masculinity. This handbook brings together experts from across the world to discuss men's mental health, from prenatal development, through childhood, adolescence, and fatherhood. Men and masculinity are explored from multiple perspectives including evolutionary, cross-cultural, cognitive, biological, developmental, and existential viewpoints, with a focus on practical suggestions and demonstrations of successful clinical work with men. Throughout, chapters question existing models of understanding and treating men's mental health and explore new approaches, theories and interventions. This definitive handbook encapsulates a new wave of positive theory and practice in the field of male psychology and will be of great value to professionals, academics, and those working with males through the lifespan in

any sector related to male mental health and wellbeing.

This book chronicles key contemporary developments in the social scientific study of various types of male-to-female abuse in rural places and suggests new directions in research, theory, and policy. The main objective of this book is not to simply provide a dry recitation of the extant literature on the abuse of rural women in private places. To be sure, this material is covered, but rural women's experiences of crimes of the powerful like genocidal rape and corporate violence against female employees are also examined. Written by a celebrated expert on the subject, this book considers woman abuse in a broad context, covering forms of violence such as physical and sexual assault, coercive control genocidal rape, abortion bans, forced pregnancy, and corporate forms of violence. It offers a broad research agenda, that examines the multidimensional nature of violence against rural women. Drawing on decades of work in the shelter movement, with activist organizations, and doing government research, DeKeseredy punctuates the book with stories and voices of perpetrators and survivors of abuse. Additionally, what makes this book unique is that it focuses on the plight of rural women around the world and it introduces a modified version of Liz Kelly's original continuum of sexual violence. An accessible and compelling read, this book will appeal to students and scholars of criminology, sociology, women's studies, cultural studies, policing, geography and all those interested in learning about the abuse women face in rural areas. Walter S. DeKeseredy is Anna Deane Carlson Endowed

Chair of Social Sciences, Director of the Research Center on Violence, and Professor of Sociology at West Virginia University. He has published 26 books, over 100 refereed journal articles, and 90 scholarly book chapters on issues such as woman abuse, rural criminology, and criminological theory.

This timely study explores the experiences of fathers who take on equal or primary care responsibilities for young children. Offering academic insight and practical recommendations, this will be key reading for researchers, policymakers, practitioners and students interested in contemporary families.

This volume of *Advances in Medical Sociology* showcases rich theoretical and empirical contributions on SGM health and wellbeing. The chapters address a variety of topics, drawing from classic and contemporary sociological frameworks and constructs, and reflecting intersecting interdisciplinary approaches to SGM health.

God created people to be well in body, mind, and spirit—a unified and healthy whole. *Christian Paths to Health and Wellness, Third Edition*, helps undergraduate students explore key topics that affect their health and well-being and apply what they learn to their daily lives. This updated text examines wellness from a holistic perspective, delving into how students can thrive in body, mind, and spirit. Students will learn how to more fully understand God, themselves, and their purpose in life; have strong and healthy relationships with others; develop cardiorespiratory fitness, muscular fitness, and flexibility and mobility; have a healthy attitude toward their bodies, eat well, and

manage weight properly; understand and apply good sleep hygiene to maximize alertness; and adopt emotionally healthy habits and deal with stress in a constructive way. All of this material is based on current research and is delivered through a faith-based perspective that will help students apply aspects of behavior modification as they learn how to take charge of the health of their bodies, minds, and spirits. Written by highly respected Christian academics, the text includes chapter objectives, a glossary that defines key terms from each chapter, and easy-to-read charts that highlight specific information. This latest edition also features a new web study guide that makes *Christian Paths to Health and Wellness* a particularly valuable and unique resource. For each chapter in the text, the web study guide supplies readers with an introductory self-assessment activity on the chapter's topic; application and learning activities; self-reflection writing prompts to help students process the chapter's content; suggested websites and readings for further exploration of the topic; and an interactive key terms quiz. (The web study guide is included with all new print books and some ebooks. For ebook formats that don't provide access, the web study guide is available separately.) *Christian Paths to Health and Wellness* offers instructors free access to online ancillaries, including an instructor guide, a presentation package, and a test package. "This text," says coauthor Peter Walters, "is a book about accepting our God-given roles and capacities. Then empowered by the Spirit of God, we can make healthy choices regarding our mind, body, and soul. The end result is what ancients called 'the

good life,' current academics call 'human flourishing,' and what scriptures call 'shalom'." "Personal wellness is often achieved through mental and physical discipline," adds coauthor John Byl. "However, it is also important to open yourself to the power of God through the Holy Spirit. It is written in Bible that 'the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control' (Galatians 5:22–23). Ideas related to the fruit of the Spirit have been woven through the text, and a couple of chapters offer brief vignettes on a particular fruit of the Spirit, which demonstrates how the Spirit heals and makes one well." Christian Paths to Health and Wellness, Third Edition, will equip students with the knowledge and tools they need to adopt healthy lifestyles in all aspects of their lives. And that lifestyle will be pleasing to God and help them live out their purpose.

With Men's Health Your Body Is Your Barbell, a reader will have no excuse not to get into the best shape of his or her life—simply, easily, and in just 6 weeks in the convenience of his or her own home. Metabolic training expert BJ Gaddour, CSCS, whom Men's Health magazine calls one of the 100 fittest men of all time, has created a remarkably efficient and effective body-transforming workout and nutrition program based on just a handful of simple moves, the Bodyweight Eight. These no-equipment-required exercises are all one needs to build a strikingly symmetrical, perfectly proportioned, and classically beautiful physique, just like BJ's. Once readers master each legendary fitness feat with perfect form, they will use BJ's scalable, step-by-step

progressions to go from ground zero to superhero. From these exercise variations, readers can construct hundreds of personalized workouts. Dozens of sample routines are already demonstrated through big, bold how-to photographs within the book and organized by goal, duration, intensity, and targeted body zone. This is the only book a man or woman needs to achieve the body he or she has always wanted anywhere—and without gear.

We live at a time when the human lifespan has increased like never before. As average lifespans stretch to new lengths, what impact should this have on our values? Should our values change over the course of our ever-increasing lifespans? Nancy S. Jecker coins the term, the life stage relativity of values, to capture the idea that at different stages of our lives, different ethical concerns shift to the foreground. During early life, infants and small children hold dear the value of being cared for and nurtured by someone they trust--and their vulnerability and dependency make these the right values for them. By early adulthood and continuing into midlife, the capacity for greater physical and emotional independence gives people reason to place more emphasis on autonomy and the ability to freely choose and carry out their plan of life. During old age, heightened risk for chronic disease and disability gives us a reason to shift our focus again, emphasizing safeguarding our central capabilities and keeping our dignity and self-respect intact. Despite different values becoming central at different stages of life, we often assume the standpoint of someone in midlife, who is in the midst of planning a

future adulthood that stretches out before them. Jecker coins the term, midlife bias, to refer to the privileging of midlife. Midlife bias occurs when we assume that autonomy should be our central aim at all life stages and give it priority in a wide range of ethical decisions. The privileging of midlife raises fundamental problems of fairness. It also suggests the possibility of large gaps in the ethical principles and theories at hand. *Ending Midlife Bias: New Values for Old Age* addresses these concerns in a step-wise fashion, focusing on later life. Jecker first introduces a philosophical framework that extends moral theorizing to older adults, addressing midlife bias, the life stage relativity of values, human capabilities and dignity, time's passage, the narrative self, and justice between old and young. She then turns to policy and practice and explores ethical issues in bioethics, long term care, personal robotic assistants, care of the dying and newly dead, ageism in medical research, the allocation of healthcare, mandatory retirement, and the future of population aging.

Praise for *Hack Recruiting* "It is a brilliant piece of work. A must-read for those of us in global corporations, or companies of any size really, that seek to act NOW." --Julia Martensen, Head of HR Strategy and Innovation at DB Schenker. "Victor Assad uncovers longstanding empirical research from I/O psychologists on how to best match job candidates to jobs and the best of today's digital technology. He sees a world (that is emerging today) in which AI ontologies (which are identifying information and relationships about today's global and diverse workforces) will make significant

improvements for matching candidates to jobs while reducing recruiting cycle times, costs and selection biases. Victor points out that HR now has the digital tools it needs to dramatically transform recruiting and the role of the recruiter. HR can now build strategic talent pools, improve the employee experience, and digitally collect insightful analytics that will open up a new era of understanding on what truly drives employee performance and innovation." --Angela Hood, Founder and CEO of ThisWay Global.

"Must read book if you are a recruiter or talent acquisition head. It goes over best practices and hacks each step of recruiting." --Sandeep Purwar, Founder/CEO, Bevov

Fully updated with more than 4,300 clinical changes to nearly 3,500 generic, brand, and combination drugs "New Drugs" section featuring 29 new FDA-approved generics and their corresponding brand-name drugs New information on the National Cancer Institute's "Common Terminology Criteria for Adverse Events" classification system New appendices: Understanding biosimilar drugs Safe disposal of unused drugs: What patients need to know Prescription drug abuse: Identifying and treating toxicity Pregnancy-Lactation-Reproduction information highlighted in every monograph Easy-to-spot safety and clinical alerts: Black Box Warnings, Adjust-a-dose, Dialyzable drug, Overdose Signs & Symptoms, Look alike-Sound alike Drugs, IV Incompatibilities Nursing Considerations and Patient Teaching sections detailing the essential facts nurses need to know 32-page Photoguide featuring over 450 of the most commonly prescribed tablets and capsules Free access to Monthly Drug Updates and an Online

Toolkit with hundreds of helpful tools and resources

The easiest, most inexpensive way to build muscle strength, size, and power turns out to be the best, with this supremely effective guide from the world's largest men's magazine. Workout fads and fitness equipment come and go, but as trainers and bodybuilders know: nothing tops a simple set of dumbbells for convenience, reliability, and versatility when you are trying to build muscles and get in shape. In *Men's Health Ultimate Dumbbell Guide*, Myatt Murphy, a fitness expert and longtime contributor to *Men's Health*, shows readers how to use dumbbells to develop just about every part of their bodies. For anyone who believes that dumbbells can be used only for arms and shoulders, Myatt Murphy proves them wrong. Featuring 200 photographs, *Men's Health Ultimate Dumbbell Exercises* demonstrates how to perform a total body workout and get maximum results. There are exercises here—lunges, squats, dead lifts, curls, shrugs, kickbacks, presses, and more—that develop abs, arms, chest, legs, and shoulders, along with innovative new ways to get the most of this versatile piece of strength-training equipment. With instructions for creating literally thousands of dumbbell exercises for the novice to advanced lifter, *Men's Health Ultimate Dumbbell Exercises* will be an indispensable addition to any home gym.

"If you are the parent of a boy . . . this is the book you need . . . insightful,

enlightened, practical." —Peggy Orenstein, New York Times bestselling author of *Boys & Sex* From the dad who created the viral tweet supporting his son wearing nail polish, this essential parenting guide shares 36 parenting tips for battling gender norms, bringing down "man up" culture, and helping sons realize their potential. Our boys are in a crisis. Toxic masculinity and tough guy-ism are on display daily from our leaders, and we see anger, dysfunction, violence, and depression in young men who are suffocated by harmful social codes. Our young sons are told to stop throwing like a girl. They hear phrases like "man up" when they cry. They are told "boys will be boys" when they behave badly. The "Girl Power" movement has encouraged women to be whoever and do whatever they want, but that sentiment is not often extended to boys. Just watch the bullying when boys try ballet, paint their fingernails, or play with a doll. But we can treat this problem—and the power lies in the hands of parents. It's not only possible to raise boys who aren't emotionally stifled and shoved into stereotypical gender boxes; it's vital if we want a generation of men who can express their emotions, respect women, and help nurse society back to a halfway healthy place. We can reframe manhood. From Aaron Gouveia, who gained viral fame after tweeting his support for his son's painted fingernails (and who knows toxic masculinity very well), learn practical and actionable tips such as: Don't accept different

standards for moms and dads Teach boys that “girl” is not an insult and retire phrases like “boys will be boys” Show boys that expressing their emotions and being physical is a good thing Let boys pursue nontraditional interests and hobbies Talk to boys about consent and privilege Model healthy and respectful relationships for boys to emulate Penned with equal parts humor, biting snark, and lived advice, *Raising Boys to Be Good Men* is the essential parenting guide for raising sons to realize their potential outside the box. ?

Like past editions, this tenth edition of *Social Inequality: Forms, Causes, and Consequences* is a user-friendly introduction to the study of social inequality. This book conveys the pervasiveness and extensiveness of social inequality in the United States within a comparative context, to show how inequality occurs, how it affects all of us, and what is being done about it. This edition benefits from a variety of changes that have significantly strengthened the text. The authors pay increased attention to disability, intersectionality, immigration, religion, and place. This edition also spotlights crime and the criminal justice system as well as health and the environment. The tenth edition includes a new chapter on policy alternatives and venues for social change.

A welcome and important contribution to a thankfully growing debate. Mental illness remains in some ways the last great taboo in our society, a taboo which

leads directly to stigma and discrimination which for some can be even worse than the symptoms of their illness. This book in part is about encouraging men who have reached crisis point to seek help. Equally it's about prevention, and sets out some of the excellent work being done on that. I hope it can inspire practitioners and policy makers to initiate similar interventions, develop new ones and lift the promotion of men's mental health much higher up the agenda, both in the UK and abroad.A" - From the Foreword by Alastair Campbell Men - in all their diverse groups, settings, lifestyles and stages of life - can face considerable challenges to their mental wellbeing from specific cultural and societal factors, causing difficulties for themselves and those who live and work with them. In addition, these men may respond better to certain approaches and treatment. Promoting Men's Mental Health outlines the breadth of the challenges and provides guidance for those working in primary care on targeting and helping men who need support. Good mental health is more than the absence of mental illness, and this book therefore highlights methods to promote positive mental health by increasing psychological wellbeing, competency and coping skills, and by creating supportive living and working environments The book highlights examples of best practice throughout the UK, Europe and America, and will be essential reading for primary care and mental health professionals, and all those

with an interest in men's mental health. 'We need to be more innovative in the way we try to reach men. This book will help stimulate further discussion and hopefully encourage men to seek help or support.' From the Foreword by Louis Appleby

This new text offers a fresh look at feature writing and reporting in the 21st century. Award-winning professor and author Jennifer Brannock Cox teaches students the fundamentals of feature writing and reporting while emphasizing the skills and tools needed to be successful in the digital era. Packed with the best samples of feature writing today, this practical text gives students ample opportunity to practice their writing as they build a portfolio of work for their future careers. Cox's special attention on new multimedia and online reporting prepares readers for success in a rapidly changing media landscape.

Across the globe, violence prevention initiatives focused on men and boys are proliferating rapidly. *Engaging Men and Boys in Violence Prevention* highlights effective and innovative strategies for the primary prevention of domestic violence, sexual violence, and other forms of harassment and abuse. It combines research on gender, masculinities, and violence with case studies from a wide variety of countries and settings. Through the cross-disciplinary examination of these varied efforts, this work will enable advocates, educators, and policy-

makers to understand, assess, and implement programs and strategies which involve men and boys in initiatives to prevent violence against women.

"What does everyone in the modern world need to know? [The author's] answer to this most difficult of questions uniquely combines the hard-won truths of ancient tradition with the stunning revelations of cutting-edge scientific research. [The author discusses] discussing discipline, freedom, adventure and responsibility, distilling the world's wisdom into 12 practical and profound rules for life"--

Men's Health magazine's #1 personal trainer delivers cutting-edge, high-intensity workouts to help you pack serious muscle and become unstoppably fit. From the man responsible for the gym that trained the actors in the movie 300 comes cutting-edge fitness strategies, 100 workouts, and a training plan that has successfully transformed A-list actors and actresses, elite special-forces soldiers, all-star athletes, and everyday men and women. With Bobby Maximus's guidance you too can become one of the most insanely fit people the world has ever seen. The diets and workouts that promise easy results in minutes per day have tricked masses into wasting their money on false promises. Supplements, smoothies, and 4-minute workouts aren't getting people any fitter. Getting that shredded body requires real commitment and real work—and Bobby can show

you how. Maximus Body features circuit-style workouts that will push you to your limits and work your whole body. With a plethora of exercises like “Don’t Ask Me About Your Abs,” that work your core with a combination of sit ups, push ups, pull ups, and even leg raises, you can develop an exercise routine that fits your needs. Whether you are overweight and trying to get back into shape, or a high-level athlete trying to gain that extra edge, Maximus Body offers up thousands of once-secret ways to burn fat, add lean muscle, reveal a shredded 8-pack, and build mind-bending physical fitness.

The only pathology textbook written specifically for physical therapy, this edition continues to provide practical and easy access to information on specific diseases and conditions as they relate to physical therapy practice. Coverage includes guidelines, precautions, and contraindications for interventions with patients who have musculoskeletal or neuromuscular problems, as well as other medical conditions such as diabetes or heart disease. Logically organized content offers at-a-glance access to essential information on common illnesses, diseases, adverse drug effects, organ transplantation, laboratory values, and more to ensure the most reliable and effective physical therapy for patients. Up-to-date coverage with contributions from more than 100 content experts in pathology and physical therapy. Revised content throughout provides the most current information required to be an effective practitioner. Full-color

interior design, photos, and illustrations visually reinforce key concepts. A Therapist's Thoughts offers personal and clinical insights from experienced therapists specializing in cancer, diabetes, cystic fibrosis, women's health, lymphedema, psychological problems, and much more. Special Implications for the Therapist boxes provide information and ideas to consider when formulating a plan of care that addresses precautions, contraindications, and best practice specific to physical therapy. Current information on conditions, medical testing and treatment, and practice models keeps students up to date on the latest research findings and recent changes in the field. Key information presented in an at-a-glance format is organized by body system for easy reference. Basic science information addresses the clinical implications of disease within the rehabilitation process, covering common illnesses and diseases, adverse effects of drugs, organ transplantation, laboratory values, and much more. Coverage includes updated information on standard precautions. Separate chapter addresses laboratory tests and values that are important in physical therapy practice. Separate appendix provides guidelines for activity and exercise. A focus on health promotion and disease prevention is featured throughout the text.

The Meaning of Marketing -- Marketing Strategy -- The Environment of Marketing Strategy -- Buyer Behavior -- Marketing Research -- Market Segmentation -- Developing Customer Loyalty -- Marketing in the Digital Age -- Product Strategy -- Prices -- Distribution -- Promotion -- Advertising -- Sales and Sales Management --

Controlling and Monitoring -- Ethical Considerations in Marketing.

In the 14th edition of this market leading title, *Psychology and the Challenges of Life: Adjustment and Growth*, authors Spencer Rathus and Jeffrey Nevid continue to reflect on the many ways in which psychology relates to the lives we live and the important roles that psychology can play in helping us adjust to the many challenges we face in our daily lives. Throughout the text, the authors explore applications of psychological concepts and principles in meeting life challenges such as managing time, developing self-identity, building and maintaining relationships, adopting healthier lifestyles, coping with stress, and dealing with emotional problems and psychological disorders. The new edition has been thoroughly updated to meet the needs and concerns of a new generation of students. It provides additional information on psychology in the digital age, social media, the current Opioid crisis, as well as offering greater coverage of matters concerning sexuality and gender, and sexual orientation.

Dramatizes the onset of the AIDS epidemic in New York City, the agonizing fight to get political and social recognition of it's problems, and the toll exacted on private lives. 2 acts, 16 scenes, 13 men, 1 woman, 1 setting.

“Sex, Gender and Substance Use” describes how both biological and social factors affect people's use of substances. There is a lot of research carried out on substance use, prevention and treatment in which sex and gender are missing. This book describes the concepts of sex and gender, what they mean and why including them in

substance use research, practice and policy is vital. Substances such as alcohol, drugs, nicotine, and tobacco all have differential effects on females and males. Social and cultural gendered factors affect how women and men react to prevention, treatment and policies. The book includes numerous examples of how sex- and gender-sensitive research can increase our understanding and improve prevention and treatment, and why striving for gender-transformative substance use practice and research remains a gold standard.

Health Psychology is essential reading for all students and researchers of health psychology. Organized into four sections, the 6th edition is structured with a clear emphasis on theory and evidence throughout. This textbook maintains its popular and balanced approach between the biomedical and psychosocial model, while strengthening its focus on critical thinking and behaviour change. Key updates include:

- Learning objectives: Each chapter opens with a set of learning objectives, which clearly outlines the knowledge, understanding and skills you will acquire from each chapter.
- Case studies: Each chapter includes a case study to illustrate how the key theories and ideas are relevant to everyday life.
- Through the Eyes of Health Psychology: A brand new feature to show how a health psychologist might analyse each case study using the theories and concepts presented throughout the book.
- Health promotion: A whole chapter devoted to the theories and evidence relevant to behaviour change and includes a new section on integrated approaches and the drive

to develop a new science of behaviour change. • Thinking critically about: The process of thinking critically is introduced in the first chapter which describes how to think critically about theory, methods, measurement and research design. Each chapter has its own 'Thinking critically about ...' section at the end to highlight problems with specific theories and research areas. This section includes critical thinking questions and a 'Some problems with...' section to form the basis of class discussions and enable students to be more critical in their thinking and writing.

The increase in prevalence and visibility of sexually gender diverse (SGD) populations illuminates the need for greater understanding of the ways in which current laws, systems, and programs affect their well-being. Individuals who identify as lesbian, gay, bisexual, asexual, transgender, non-binary, queer, or intersex, as well as those who express same-sex or -gender attractions or behaviors, will have experiences across their life course that differ from those of cisgender and heterosexual individuals.

Characteristics such as age, race and ethnicity, and geographic location intersect to play a distinct role in the challenges and opportunities SGD people face. Understanding the Well-Being of LGBTQI+ Populations reviews the available evidence and identifies future research needs related to the well-being of SDG populations across the life course. This report focuses on eight domains of well-being; the effects of various laws and the legal system on SGD populations; the effects of various public policies and structural stigma; community and civic engagement; families and social relationships;

education, including school climate and level of attainment; economic experiences (e.g., employment, compensation, and housing); physical and mental health; and health care access and gender-affirming interventions. The recommendations of Understanding the Well-Being of LGBTQI+ Populations aim to identify opportunities to advance understanding of how individuals experience sexuality and gender and how sexual orientation, gender identity, and intersex status affect SGD people over the life course.

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