

The background is a vibrant blue with a semi-transparent wireframe of a human head in profile, showing the brain. To the right, there are vertical columns of white binary code (0s and 1s).

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Becoming Emotionally Intelligent Catherine Corrie, 2003-01-01 At last a book that explains in a simple and practical way what Emotional Intelligence is and how it is an essential intelligence for people who work with people who want to make a real difference in their communities This book will support you in your endeavours to change behaviour patterns and choose to behave more in line with your own values change some of the roles you play and choose the you that you really want to be make the kind of difference you always wanted with your friends family and pupils model the above and support children to develop this intelligence for themselves

Brotherhood of Locomotive Firemen and Enginemen's Magazine ,1916

Train Your Brain Robert G. Winningham, 2024-11-01 Train Your Brain was written to provide older adults and the people who work with them with practical and scientifically based suggestions and interventions on how to maintain and even improve memory ability Researchers have found that certain lifestyle factors predict the likelihood of developing memory problems Most chapters begin with research summaries followed by practical suggestions for taking advantage of the identified factors that affect memory The book also contains information and suggestions for people interested in starting a cognitive enhancement program in an assisted living facility senior center or medical setting Two chapters How Memory Works and How the Brain Works provide readers with a foundation of knowledge so they can get the most out of subsequent chapters The author presents the Use It or Lose It theory of memory and aging and the overwhelming evidence that cognitive stimulation is associated with better memory ability he also provides information on how nutrition physical exercise mood stress and sleep all affect memory The book contains cognitive enhancement activities with instructions that can be used to create a memory enhancement program for oneself or others However even all of this information won t help the older adult who is unmotivated to make the necessary behavioral changes so the author includes information on how to motivate people to do the things that can improve their quality of life and their ability to make new memories

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