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Trending Self Help

Wolfgang Guggemos



Trending Self Help:

Transnational Popular Psychology and the Global Self-Help Industry Daniel Nehring, Emmanuel Alvarado, Eric C. Hendriks, Dylan Kerrigan, 2016-04-08 Self help books aim to empower their readers and deliver happiness and personal fulfilment but do they really live up to this This book offers a fresh perspective on self help culture and popular psychology Research on this subject matter has generally focused on the USA and the Global Northwest In contrast this book explores the production circulation and consumption of self help books from an innovative transnational perspective Case studies on Trinidad Mexico the People s Republic of China the UK and the USA explore the roles which self help s therapeutic narratives of self and social relationships play in the contemporary world In this context the book questions the extent to which self help fulfils its promise of individual autonomy and contentment At the same time it addresses debates about contemporary political change under transnational processes of cultural standardization

Self-Help Books Sandra K. Dolby, 2010-10-01 Understanding instead of lamenting the popularity of self help books Based on a reading of more than three hundred self help books Sandra K Dolby examines this remarkably popular genre to define self help in a way that s compelling to academics and lay readers alike Self Help Books also offers an interpretation of why these books are so popular arguing that they continue the well established American penchant for self education they articulate problems of daily life and their supposed solutions and that they present their content in a form and style that is accessible rather than arcane Using tools associated with folklore studies Dolby then examines how the genre makes use of stories aphorisms and a worldview that is at once traditional and contemporary The overarching premise of the study is that self help books much like fairy tales take traditional materials especially stories and ideas and recast them into extended essays that people happily read think about try to apply and then set aside when a new embodiment of the genre comes along

Optimizing the Self Ole Jacob Madsen, 2015-06-19 This book provides an analysis of the social representations of leading self help genres including neurolinguistic programming cognitive self help therapy mindfulness self management self esteem self leadership and self control Exploring the globalised therapeutic culture of today the book argues that psychology as science is often abandoned to aid the individual pursuit for self realization and self optimization Opposing the view that self help culture is external to psychology Madsen argues that it is firmly embedded within psychology playing an important role in people s lives Each chapter traces and critically interprets a range of self help philosophies and techniques examining the claims of self help literature to represent the most innovative psychological medical or neurobiological research Discussing each genre in turn chapters examine key research alongside self help literature to explore the effectiveness and impact of leading self help genres in various social contexts and environments The book offers a contemporary critical overview of issues concerning self help combining critical psychology with the theory of social representation to provide a broad perspective on self help as a valid psychology Optimizing the Self will be of interest to academics researchers and postgraduate students in the fields of

social representation critical and cultural psychology and theory clinical psychology and the sociology of culture and science The book will also be of use to critical and cultural psychologists and theorists as well as clinical psychologists

The Reignited Educator Mandy Froehlich, 2024-09-24 Many teachers experience a shift in their professional career from joy to burnout and often are unprepared to address it Author Mandy Froehlich takes readers on her search to uncover educators emotional disengagement In her findings she provides practical strategies and research backed guidance for teachers to heal and reengage in the profession rediscovering self care well being and healing in their purposeful work Educators will Investigate various factors that contribute to educator burnout disengagement and attrition Consult the continuum of educator engagement Explore research and science that validate the importance of educator engagement Gain many strategies for healing professionally and pursuing the process of reengagement Access worksheets checklists and detailed instructions to help them implement the book s strategies Contents Foreword Introduction Part I Extinguished Chapter 1 Defining Emotional Engagement and Disengagement Chapter 2 Identifying Reasons for Disengagement Chapter 3 Understanding the Brain and Nervous System Part II Ignite Chapter 4 Recovering Through Self Healing Chapter 5 Reengaging Through Self Care Chapter 6 Rewiring the Brain With Positivity Chapter 7 Reconnecting With Your Profession Chapter 8 Creating Cultures of Support Conclusion Appendix References and Resources Index

Encyclopedia of Women's Folklore and Folklife Pauline Greenhill, Liz Locke, Theresa A. Vaughan, 2008-12-08 From the stone age to the cyber age women and men have experienced the world differently Out of a cosmos of goddesses and she devils earth mothers and madonnas witches and queens saints and whores a vast body of women s folklore has come into bloom International in scope and drawing on more than 130 expert contributors this encyclopedia reviews the myths traditions and beliefs central to women s daily lives More than 260 alphabetically arranged entries cover the lore of women across time space and life Students of history religion and spirituality healing and traditional medicine literature and world cultures will value this encyclopedia as an indispensable guide to women s folklore In addition there are entries on women s folklore and folklife in 15 regions of the world such as the Caribbean Central Asia the Middle East and Western Europe Entries provide cross references and cite works for further reading and the encyclopedia closes with a selected bibliography of print and electronic resources Students learning about history world cultures religion and spirituality healing and traditional medicine and literature will welcome this companion to the daily life of women across time and continents

Current Debates in Business Studies Selva Staub, Olcay Bige Aşkun, Ozan Gönüllü, 2018

[Health Care and Popular Medicine in Nineteenth Century England](#) John Woodward, David Richards, 2025-07-01 Originally published in 1977 this book presents a selection of work by historians and sociologists on medicine and society in the 19th century It concentrates on practitioners and patients quackery and folk medicine as elements in the social cultural political and economic structure of the community at large The relevance of social history in medicine to the analysis of the role of medicine in society is discussed as well as the knowledge

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