

American Values and Virtues

THE BOOK OF

THE BOOK OF
American
Values and Virtues



OUR TRADITION OF FREEDOM
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Book Of American Values And Virtues

Lisa M. Najavits



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The Yin and Yang of American Culture

Eun Y. Kim, 2001-06-01 You can't not have a reaction to this book Based on over thirty years of conversations and interactions with Americans and Asians Korean American Eun Kim presents American virtues and vices from an Asian perspective using the ancient Asian concepts of yin and yang which coexist in everything and complete each other to maintain cosmic harmony In this way Kim draws us to look at the yang light mirror of American vices and the yin dark mirror of American virtues Examples of the virtues she discusses are generosity competitive spirit openness and volunteerism Some of the vices she explores are insistence on rights refusal to grow up arrogance and tolerance of violence In her fifty entries the author describes and illustrates an American value and provides an Asian perspective on it as well as what she believes to be the dangers and opportunities inherent to each value She uses personal experience anecdotes and quotes from Asians and Americans both famous and unknown historical background general wisdom and proverbs to enrich her writing Eun Kim straddles two cultures her Asian homeland and her adopted country the United States This is a highly personal and readable book with insights that may make the American reader squirm uncomfortably in one paragraph and glow with pride in the next

Seeking Safety Lisa M. Najavits, 2021-05-07 This manual presents the most widely adopted evidence based treatment for co occurring trauma and addiction For clients facing one or both of these issues the most urgent clinical need is to establish safety to reduce addictive behavior build healthy relationships manage symptoms such as dissociation and self harm and restore ideals that have been lost Seeking Safety focuses on coping skills in the present it can be implemented with individuals or groups by any provider as well as by peers It offers 25 topics such as Asking for Help Taking Good Care of Yourself Setting Boundaries in Relationships Healing from Anger Honesty and Coping with Triggers The model is highly flexible practical and engaging and can be conducted with any other treatment including the author's past focused model Creating Change The book has a large size format and features reproducible client handouts that can be photocopied or downloaded See also Creating Change A Past Focused Treatment for Trauma and Addiction and the self help guide Finding Your Best Self Revised Edition Recovery from Addiction Trauma or Both an ideal client recommendation

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Jess McHugh, 2022-06-07 An elegant meticulously researched and eminently readable history of the books that define us as Americans For history buffs and book lovers alike McHugh offers us a precious gift Jake Halpern Pulitzer Prize winner and New York Times bestselling author With her usual eye for detail and knack for smart storytelling Jess McHugh takes a savvy and sensitive look at the secret origins of the books that made and defined us You won't want to miss a one moment of it Brian Jay Jones author of *Becoming Dr Seuss* and the New York Times bestselling *Jim Henson* The true fascinating and

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Inside the World of Comic Books Jeffery Klaehn, 2007 From gutter business to art form an engaging provocative look at all things comic book Comic Book Nation Bradford W. Wright, 2003-10-17 A history of comic books from the 1930s to 9/11

American Mania Peter C. Whybrow, 2013-05-27 A doctor's bold analysis of the cultural disease that afflicts us all Despite an astonishing appetite for life more and more Americans are feeling overworked and dissatisfied In the world's most affluent nation epidemic rates of stress anxiety depression obesity and time urgency are now grudgingly accepted as part of everyday existence they signal the American Dream gone awry Peter C. Whybrow director of the Neuropsychiatric Institute at UCLA grounds the extraordinary achievements and excessive consumption of the American nation in an understanding of the biology of the brain's reward system offering for the first time a comprehensive and physical explanation for the addictive mania of consumerism American Mania presents a clear and novel vantage point from which to understand the most pressing social issues of our time while offering an informed approach to refocusing our pursuit of happiness Drawing upon rich scientific case studies and colorful portraits this fascinating and important book will change the way you think about American life Karen Olson Utne Reader

Battle of the Books Lee Burrell, 1989 Examines increasing censorship in public schools describes the objections that lead to censorship and discusses several case studies **Home of the Brave** Erik A. Bruun, Robin Getzen, 1996

JPS: the Americanization of Jewish Culture, 1888-1988 Jonathan D. Sarna, 2021-10 Published to mark the 100th anniversary of The Jewish Publication Society Jonathan Sarna's engaging blend of anecdote and analysis presents the personalities and the controversies the struggles and the

achievements behind a century of publishing by the oldest English language publisher of Jewish books in the world Includes black and white photographs and extensive listings of JPS officers and editors governing boards and authors translators and illustrators up to 1988

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