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Pia Orleane



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Adrenaline Dominance Michael E. Platt, 2014-06-12 Adrenaline is a powerful hormone whose effects have been virtually ignored by the medical community Platt explains how this hormone might be a major underlying cause of many conditions currently considered incurable and presents a natural protocol for rapidly reducing excess adrenaline *Sacred Retreat* Pia Orleane, 2017-09-12 Restoring our biological cycles to heal ourselves our culture and our planet 2017 Nautilus Gold Award Shows how just like the tides and the moon phases both women and men have biological cycles of growth and renewal necessary for healthy bodies and minds Explains how the seclusion of women during menstruation and of men during vision quests offers a cleansing process for body and mind to awaken innate creativity and sensitivity re attune us with the deeper rhythms of the body and nature and restore harmony between the divine feminine and divine masculine Reveals how the need for sacred retreat was forgotten when the divine feminine was suppressed by patriarchal culture All of life is interwoven into a living system of cycles from Earth's seasons to the enzymatic pathways that provide energy to a cell Waxing and waning from times of growth to times of rest renewal and healing cycles map the most auspicious time for everything in life Both women and men have biological cycles of active growth and quiet renewal led by our hormones By understanding how everything in life moves in cycles you can become more aware of and comfortable with your own cyclic nature something that has been forgotten by the modern world's linear views of time Drawing on the wisdom of ancient cultures the natural cycles of life and her own groundbreaking research Pia Orleane Ph D offers a template for how we can restore balance to our emotions and health ease tensions between the sexes and heal our fractured culture by honoring divine feminine consciousness and embracing natural cycles including our innate need for rest and retreat She explains the biology of how our bodies operate by hormones released in cycles and shows how balanced hormones help eliminate anger depression insomnia anxiety and fatigue Exploring ancient traditions and rituals surrounding blood and sacred retreat she explains how the seclusion of women during menstruation and of men during vision quests offered a cleansing process for body and mind alone time to clear suppressed emotions awaken our innate creativity and sensitivity re attune us with the deeper rhythms of the body and nature and restore harmony between the genders and balance between the divine feminine and masculine Outlining the sacred retreat process the author explores dream cycles divine sexuality and practices for reconnecting to nature increasing creativity and intuition and clearing suppressed emotions She also looks at the benefits for women and men of separate sleeping during menstruation Through this wisdom we can restore our natural cycles allow the divine feminine to once again blossom alongside the divine masculine and with the return of balance heal our world and our hearts Sherlock's Mind Palace for Problem-Solvers Prince Penman, Unlock the secrets of Sherlock Holmes legendary Mind Palace and transform your thinking into a problem solving superpower In this engaging practical guide Prince Penman channels the brilliance of the world's greatest detective to teach you memory techniques and cognitive skills that sharpen

your mind for work and life Forget scattered notes or missed deadlines learn to build a mental mansion where every detail from project plans to personal goals is vividly stored and effortlessly recalled With a witty blend of storytelling science and step by step exercises this book reveals how to master critical thinking boost mental agility and tackle challenges like a sleuth Visualize ideas with vibrant imagery organize complex tasks with ease and spot hidden clues in meetings or conversations Whether you re navigating a tricky work project or juggling life s chaos these productivity hacks make you the detective of your own success Inspired by Holmes razor sharp focus Penman s conversational style think fireside chats with a dash of mischief makes learning fun and transformative Packed with vivid anecdotes and practical tools this guide is your key to a sharper more confident mind Step into 221B Baker Street build your Mind Palace and start solving problems like Sherlock today Grab your copy now and unleash your inner detective

Gun Rights Activists and the US Culture War Joe Anderson, 2024-02-23 *Gun Rights Activists and the US Culture War* is a political anthropology book which explores how firearms can become associated with processes of identity formation as well as acting as symbols of national belonging and embodied safety In the years following Donald Trump s election an increasingly polarised population is taking up arms against each other more often than ever before Based on 12 months of participant observation at gun ranges activist meetings handgun courses and political events as well as interviews with gun rights activists in San Diego County this book argues that US conservative identity is saturated with concerns about ethics gender and who can wield violence legitimately The book focuses on two gun rights organisations the first a conservative predominantly white and male political action committee the second a pro LGBTQ firearms training group run by trans women This book demonstrates how gun ownership gives Americans the perceived means to enact their political will through the threat of or actual organized violence and that this perceived capacity explains why guns remain objects that continue to inspire such devotion and debate *Gun Rights Activists and the US Culture War* will be of interest to scholars and students in anthropology gender studies ethnic studies sociology and politics as well as a general audience of narrative non fiction readers

Uncertain Democracy Lincoln A. Mitchell, 2013-06-11 In November of 2003 a stolen election in the former Soviet republic of Georgia led to protests and the eventual resignation of President Eduard Shevardnadze Shevardnadze was replaced by a democratically elected government led by President Mikheil Saakashvili who pledged to rebuild Georgia orient it toward the West and develop a European style democracy Known as the Rose Revolution this early twenty first century democratic movement was only one of the so called color revolutions Orange in Ukraine Tulip in Kyrgyzstan and Cedar in Lebanon What made democratic revolution in Georgia thrive when so many similar movements in the early part of the decade dissolved Lincoln A Mitchell witnessed the Rose Revolution firsthand even playing a role in its manifestation by working closely with key Georgian actors who brought about change In *Uncertain Democracy* Mitchell recounts the events that led to the overthrow of Shevardnadze and analyzes the factors that contributed to the staying power of the new regime The book also explores the modest but indispensable role of

the United States in contributing to the Rose Revolution and Georgia's failure to live up to its democratic promise

Uncertain Democracy is the first scholarly examination of Georgia's recent political past Drawing upon primary sources secondary documents and his own NGO experience Mitchell presents a compelling case study of the effect of U S policy of promoting democracy abroad

Citrin Anthony James Degidio (D. O., M. D.), Muhammed Majeed, Naras Bhat, 1994

Allergy Mark Jackson, 2007-08-15 Mark Jackson investigates how allergy has become the archetypal disease of civilization transforming from a fringe malady of the wealthy into one of the greatest medical disorders of the twentieth century

Encyclopedia of Emotion Gretchen M. Reevy, 2010-09-07 This unique two volume reference is an accessible up to date resource for the rich and fascinating study of human emotion Drawing on both contemporary and classic research **Encyclopedia of Emotion** explores the complex realities of our emotional lives and communicates what psychologists have learned about them to date in a clear and captivating way The landmark work bridges the divide within psychology as a discipline between basic and applied science gathering together in one comprehensive resource both theoretical and clinical perspectives on this important subject In two volumes **Encyclopedia of Emotion** offers more than 400 alphabetically organized entries on a broad range of topics including the neurological foundations of emotional function competing theories of emotion multicultural perspectives on emotions emotional disorders their diagnosis and treatment and profiles of important organizations and key figures who have shaped our understanding of how and why we feel the way we do

Men's Health , 2006-09 Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle

Stress in Teachers Jack Dunham, Ved Prakash Varma, 1998-08-10 Examines the stress in teaching multidisciplinary concept broad enough to include physiological psychological organisational and legal perspectives The editors see stress in teaching as an interactionist concept a complex and sometimes precarious balance between perceived work pressures coping strategies and stress reactions The early chapters in the book reflect this view and make contributions to understanding the causes and costs of stress in teaching The authors of these chapters come collectively to the conclusion that there is an alarmingly low level of job satisfaction in teaching and that turnover intentions appear to be on the increase This pessimistic view is challenged in later chapters by professionals working in the field of stress management These contributions highlight the danger of focusing stress research and management These contributions highlight the danger of focusing stress research and management strategies on the individual rather than the organization and report the authors hands on knowledge of teacher support teams and workshop and whole school approaches to diminishing the causes and costs of teacher stress and improving training and career development The concluding chapters demonstrate the editors belief that useful insights for workers in the education service can be gained from studies of workplace stress in other occupations

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