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Speed Addicts

Irving A. Cohen

Speed Addicts:

Speed Stephanie Brown Ph.D, 2014-01-07 MORE BETTER SLOWER Feeling rushed out of control and overwhelmed Feeling like you can't keep up and can't stop It's not just you From the need to be constantly connected and the changing definition of work hours to unrealistic expectations of instant gratification our bodies and brains are being harmed by habits that as with any kind of addiction promise short term satisfaction while doing long term damage As a psychologist and addiction expert who practices in Silicon Valley Stephanie Brown sees firsthand the impact of ever faster technology and the culture it has spawned She knows it's affecting us mentally physically and spiritually In this groundbreaking book she explores how our beliefs and behaviors are being shaped by the seemingly limitless new world we've entered in recent years and why faster doesn't always equal better Dr Brown offers a step by step plan for breaking out of the speed trap With practical guidelines she shows us how to ease up on the gas pedal and reconnect with ourselves learning to accept and value our limitations as human beings reduce our stress levels and free ourselves from our counterproductive obsession with speed

Addiction Irving A. Cohen, 1995 Billions of dollars have been expended on educating the public about the dangers of drug and alcohol addiction Despite these massive expenditures the powerful vortex of addiction continues Why Irving Cohen MD looks at the profile of the addict the nature of addiction the pharmacologic nature of the drugs and explains the roller coaster syndrome that can trap innocent people **Addiction The High Low Trap** offers a unique perspective for both the addict and society on how to approach this problem **Performance Addiction** Arthur Ciaramicoli, Ed.D., Ph.D., 2010-12-07 The best book I've seen on how we can stop sabotaging our need for balance Compulsive achievers will find here everything they need to gain the sense of satisfaction that's eluded them This book is a must read for men and women struggling with the mystery of why they're not happy This is a most wise helpful and important book and it's wonderfully readable Mira Kirshenbaum author of Everything Happens for a Reason and The Emotional Energy Factor Every perfectionistic hypervigilant person wondering why peace of mind is so elusive should read this book Dr Ciaramicoli totally nails the issue of performance addiction and offers all the help you need A life changing book Dr Charles Foster author of Feel Better Fast A much welcome reader friendly utterly unpretentious call to sanity With clarity and disarming simplicity Dr Arthur Ciaramicoli exposes the futility and indeed the harm of our collective compulsive ride on the achievement treadmill **Performance Addiction** is a crash course in essential wisdom for today Read it and give it to anyone about whose mental health and happiness you deeply care P M Forni Professor at Johns Hopkins University and author of Choosing Civility Integrating theory with compelling stories from his clinical practice Dr Ciaramicoli provides concrete practical methods to address the growing problem of performance addiction Richard Kadison M.D. Chief Mental Health Services Harvard University Health Services Do you achieve goals without feeling fulfilled Do you think your hard work will win you love and respect Do you feel as if you're never doing well enough In this intriguing and prescriptive guide Harvard Medical School instructor Dr Arthur P

Ciaramicoli explains this new psychological issue revealing the reasons why the label of success so rarely leads to happiness Performance Addiction gives you action steps for freeing yourself from the obligation to excel finding new meaning in your work and relationships and going beyond material reward to obtain genuine healthy accomplishment throughout your life Through illuminating self evaluations and writing exercises you ll gain a stronger sense of self learn to balance your work and your personal life and at long last find the satisfaction that comes from breaking your patterns of addictive behavior and finding new better ways to accept and give love Lion Boys and Fan Girls Pauline Loh,2020-06-01 Prome has taken over the popular Lion Legends as the Principal Lion Head and big brother Taking his new role very seriously he decides to make a pact with his loyal lion partner Mercury to ban dating and concentrate on their careers But their plans go awry when both meet two curious girls with strong personalities Meanwhile the Legends find themselves under attack First it was cyberbullying then a garbage bomb and an almost fatal food poisoning Why is this anti fan targeting Prome and Mercury

Speed and Power Nigel Gross,1998 A Master of Deception Robert Knuckle,2007-06 Research Issues ,1975

The Addiction Spectrum Paul Thomas,Jennifer Margulis,2018-09-04 If anyone you know is struggling with addiction or if you think you might have a problem you want to read this book GARTH STEIN bestselling author of The Art of Racing in the Rain a proven comprehensive program that compassionately guides the reader to a place of resolution DAVID PERLMUTTER MD 1 New York Times bestselling author of Grain Brain and Brain Maker a massive achievement and a giant step forward for addiction medicine ANNIE GRACE author of This Naked Mind Drug overdose is now the leading cause of death for Americans under fifty Even as opiate addiction skyrockets more people than ever before are hooked on alcohol sedatives cigarettes and even screens The face and prevalence of addiction has changed and evolved but our solutions to addiction are stuck in the past We ve been treating addiction as a black or white issue a disease you either suffer from or will never suffer from The problem with this model is that it doesn t account for the incredible forces working against all of us pushing all of us toward addiction stress undernourishment sleep deprivation vitamin D deficiency and isolation not to mention a flawed medical system and corrupt pharmaceutical companies doling out prescriptions at every turn The truth Addiction is a disease that like many others exists on a spectrum We are more vulnerable to becoming addicted to substances at certain points in our lives and based on the evidence provided in The Addiction Spectrum most effective at kicking addiction when we take a holistic approach With the help of the 13 point plan and individual protocols detailed in this book you have the power to change your destiny No one understands this more than Dr Paul Thomas who recovered from alcohol addiction early in his career and founded one of the most effective rehabilitation centers for teens and young adults in his hometown of Portland OR Named one of the top family doctors and one of the top pediatricians in the country Dr Paul is also board certified in both integrative medicine and addiction medicine This unique combination of specialties is intentional Dr Paul has devoted his entire life and career to saving lives Using the best conventional medicine alongside the new science of alternative health Dr

Paul has treated thousands of patients with the life saving solutions provided in The Addiction Spectrum Addiction is a compendium of often devastating circumstances that have gone unchecked by society for far too long This book is a positive light and guide to overcoming not only addiction but the challenges and obstacles that affect us all **Synthesis** ,2001

Time Briton Hadden, Henry Robinson Luce, 2001-03 Modern Drama ,1981 **Un-cook Yourself** Nat's What I Reckon, 2020-12-01 Nat's What I Reckon was the tattooed lockdown saviour we didn't know we needed rescuing us from packet food jar sauce and total boredom with his hilarious viral recipe videos that got us cooking at home like champions again Now that we've cooked our way out of lockdown and are wondering what the hell to do next our favourite ratbag is back and he's ready to teach us more about life in this thoroughly unhelpful but maybe actually kinda helpful self help guide Nat's already shown us that jar sauce can get f cked But what else is sh*t and what's actually not sh*t Is it all as bad as we feel like it is most of the time No part of our weird world and strange behaviour is spared as our long haired guru tells us what he reckons about it all and amps up the flavour with some eye watering stories from his early years before a sweary video about pasta sauce shot him to global fame With Nat's nine no nonsense rules you'll be on the road to being a better d*ckhead faster than you can say get in the bin to jar sauce And if you screw it up it doesn't bloody Parramatta Features a small selection of Nat's favourite recipes illustrated by Sydney artists Bunkwaa Glenno and Onnie O'Leary **Murder One** Mauro V. Corvasce, Joseph R. Paglino, 1997 From accidental murder to a crime of passion Murder One gives you the nuts and bolts necessary to build your fictional murder scenario Prosecuting investigators Mauro Corvasce and Joseph Paglino take you step by step through motives plans murders and disposal of the bodies You'll be taken to the scenes of familial murders set off by simmering feuds gang murders from contract hits to drive by shootings business and financial murders guaranteed to silence whistle blowers organized crime hits and the psychology behind the mobs the little known vehicular murder an excellent plot twister crimes of passion and the motives that spur them and bizarre murders and their real life investigations Beginning with an overview of murder the authors also delve into legal definitions and homicide investigations In these pages you can also investigate opportunity weapons kidnapping and cover up crimes The authors augment their chapters with real life case files and first hand investigations From raging spouses to cool contract killers Murder One is your encyclopedia for inventing murders for your stories and novels **BOOK JACKET** Title Summary field provided by Blackwell North America Inc All Rights Reserved **Drugs of Abuse** A. James Giannini, 1989 Describes addictive properties of 13 classes of drugs and overviews assessment detoxification and treatment of abuse of each drug with case histories Includes chapters on legal and illegal drugs such as alcohol psychedelics and khat as well as eating disorders cardiovascular complications pregnant and nursing drug abusers legal issues and organization of addiction units Contains an appendix on drug use as expressed in art literature and music For physicians nurses students drug treatment counselors and administrators Annotation copyrighted by Book News Inc Portland OR A Better Way to Live Og Mandino, 1990 Includes 17 rules to live by The Big Issue, Cape Town

,2004 **Rockin' in Time** David P. Szatmary,1991 A concise yet comprehensive account of the origins and evolution of rock music emphasizing its interaction with social change and cultural trends The narrative begins with the birth of the blues and proceeds to discuss the major and mention the minor performers and to identify the significant styles These include Fifties rockabilly folk protest the British Invasion acid rock punk New Wave and Eighties revivalism Using a lively anecdotal approach and pertinent quotes the author examines the appropriate political economic technological or psychological context of each topic e g the relationship between Dylan s music and JFK s New Frontier A primary focus throughout is on the contributions of blacks and the role of racism Paul Feehan Univ of Miami Lib Coral Gables Fla Library Journal **Super Diet** Harry Needelman,1975 **New Scientist** ,2001 **Supervision** ,1978

Speed Addicts Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has been much more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Speed Addicts**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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