

1. Record Nr.	UNINA9910162801203321
Autore	Miller William R
Titolo	Quantum change : when epiphanies and sudden insights transform ordinary lives / / William R. Miller, Janet C'de Baca ; afterword by Ernest Kurtz [[electronic resource]]
Pubbl/distr/stampa	New York, : Guilford Press, c2001
ISBN	1-4625-0436-1
Descrizione fisica	1 online resource (xii, 212 p. )
Altri autori (Persone)	C'de BacaJanet
Disciplina	155
Soggetti	Change (Psychology) Epiphanies Insight Adaptation, Psychological Life Change Events
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The context -- Something Old, Something New -- The Landscape of Quantum Change -- Before -- Insights -- The Insightful Type of Quantum Change -- Boom -- Taking the AA Train -- A Mirror and Two Roses -- Awakening -- Ripples -- Epiphanies -- The Mystical Type of Quantum Change -- The Reluctant Mystic -- Something Like a Star -- A Voice in the Fireplace -- At Pecos -- Trampoline -- Reflections -- After -- Are Quantum Changes Always Positive? -- What Happened? -- Messages to Humankind.
Sommario/riassunto	"Most of us walk through each day expecting few surprises. If we want to better ourselves or our lives, we map out a path of gradual change, perhaps in counseling or psychotherapy. Psychologists William Miller and Janet C'de Baca were longtime scholars and teachers of traditional approaches to self-improvement when they became intrigued by a different sort of change that was sometimes experienced by people they encountered - something often described as "a bolt from the blue" or "seeing the light." And when they placed a request in a local newspaper for people's stories of unexpected personal transformation, the deluge of responses was astounding. The vivid, moving stories they

gathered form the basis for this compelling book." "Exploring the experience of "quantum change" through the lens of scientific psychology, the book identifies two kinds of sudden personal transformation: insights and the more mystical epiphanies. Some participants in the authors' study accepted their experiences as products of rarely tapped inner resources; others as gifts from a higher power. Many recounted their epiphanies and sudden insights in exquisite detail years after the fleeting event, describing such enduring results as a greater sense of meaning in life, a shift in values or goals, or freedom from unhealthy behaviors. Closely examining the life conditions and personality traits in place both before and after the quantum change occurred, the book shows that such experiences are not as uncommon as typically believed, nor are they easy to toss aside as wishful thinking or passing delusions. The authors draw from research findings and psychological theory to address fascinating questions about where quantum change comes from, why some of us experience it, and what kind of people we become as a result."--Jacket.

2. Record Nr.	UNINA9910158927003321
Autore	Rice James
Titolo	Study It Conversation 6 EBook
Pubbl/distr/stampa	Study It Books
ISBN	1-927748-54-2
Descrizione fisica	1 online resource (71 p.)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	Winner 2015 Digital Book Award - Academic Category Awarded QED Certification for Quality, Excellence and Design The Study It Conversation series is an easy-to-use speaking-based ESL textbook for ESL students, language teachers and English language programs in schools or language schools.The Study It English ESL Conversation

series consists of 8 different levels and 8 different English conversation books. The Study It Conversation series consists of the following: 20 different conversation topics, vocabulary-building exercises, video and audio exercises, clear language points for each conversation topic, Communicative and Project-based learning activities. Book 6 is designed for upper-Intermediate students of ESL. Some of the conversation topics in Book 6 include: Arguing and Compromise, At Work, Online Dating and much more. ESL Teachers can access our online community which offers teachers a chance to share ideas for improving the English class. Teachers interested in Mobile Learning, Project-Based Learning or Flipping the Classroom will enjoy the Study It series. Reviews of the "Study It" Series/ "It's obviously an amazing learning tool"- Canada AM, National Morning Show. Study "It": English as a Second Language series is an engaging textbook for teaching non-native English speakers. It takes advantage of the format to include video and audio in a way that supports the lessons and never feels added on as an "enhancement." The textbook uses a number of different assessment formats to allow users to test themselves throughout the book and see their scores. The book even uses the Note function effectively for long-form answers. While the content of the book is challenging, it makes learning grammar easy and fun.- 2015 Digital Book Award Review "The Study It textbooks are a set of interactive English language multi-touch textbooks that are a fraction of the cost of a paper textbook"- Digital Journal. The Study It ESL textbook series has been awarded the QED Certification. The QED stands for Quality, Excellence, Design. It is the seal of approval of ebooks and enhanced books. All recipients of the QED have passed a thorough, independent 13-point quality assurance test.- QED Panel

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