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| 1. Record Nr.           | UNINA9910792133703321                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Autore                  | Bigman D                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Titolo                  | Poverty, Hunger, and Democracy in Africa [[electronic resource] ] : Potential and Limitations of Democracy in Cementing Multiethnic Societies / / by D. Bigman                                                                                                                                                                                                                                                                            |
| Pubbl/distr/stampa      | London : , : Palgrave Macmillan UK : , : Imprint : Palgrave Macmillan, , 2011                                                                                                                                                                                                                                                                                                                                                             |
| ISBN                    | 0-230-24848-9                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Edizione                | [1st ed. 2011.]                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Descrizione fisica      | 1 online resource (XXVI, 325 p.)                                                                                                                                                                                                                                                                                                                                                                                                          |
| Disciplina              | 363.8096                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| Soggetti                | Development economics<br>Regional economics<br>Spatial economics<br>Economic policy<br>Industrial management—Environmental aspects<br>Economic history<br>International economics<br>Development Economics<br>Regional/Spatial Science<br>Development Policy<br>Sustainability Management<br>Economic History<br>International Economics<br>Africa Economic conditions 1960-<br>Africa Economic policy<br>Afrique subsaharienne<br>Africa |
| Lingua di pubblicazione | Inglese                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Formato                 | Materiale a stampa                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Livello bibliografico   | Monografia                                                                                                                                                                                                                                                                                                                                                                                                                                |
| Note generali           | Bibliographic Level Mode of Issuance: Monograph                                                                                                                                                                                                                                                                                                                                                                                           |
| Nota di bibliografia    | Includes bibliographical references and index.                                                                                                                                                                                                                                                                                                                                                                                            |
| Nota di contenuto       | pt. 1. Introduction and background ; The black man's burden -- pt. 2, Coping with escalating food insecurity: The threat of climatic changes ; Can Africa feed its people? ; Is Africa doomed to permanent food                                                                                                                                                                                                                           |

crises? -- pt. 3, Africa's poverty traps and obstacles to growth: The geographical map and man-made obstacles ; The demographic and social changes and the urbanization of poverty -- pt. 4, Civil conflicts, wars and democracy : will democracy inflame or help to settle civil conflicts?: The roots and long-term effects of Africa's wars and civil conflicts ; The impact of wars and civil conflicts on Africa's growth and poverty ; Will democracy settle or intensify civil conflicts? -- pt. 5, The fourth wave of democratization : will democracy cement the African multiethnic nation state?: The transition of the African countries to democracy ; Can democracy help the African states to cement their multiethnic societies?

#### Sommario/riassunto

The book evaluates alternative policy options for the African countries to overcome the food crisis and the changing structure of world trade to sustain their impressive growth of the early 2000s. These policies must go beyond economic reforms and seek a solution to the entrenched political problems that divided the continent.

#### 2. Record Nr.

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#### Autore

Gladwin Derek

#### Titolo

Rewriting our stories : education, empowerment, and well-being // Derek Gladwin

#### Pubbl/distr/stampa

Cork, Ireland : , : Atrium, , [2021]  
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#### ISBN

1-78205-419-7  
1-78205-418-9

#### Descrizione fisica

1 online resource (148 pages)

#### Disciplina

616.89165

#### Soggetti

Narrative therapy  
Self-actualization (Psychology)  
Storytelling - Psychological aspects

#### Lingua di pubblicazione

Inglese

#### Formato

Materiale a stampa

#### Livello bibliografico

Monografia

#### Nota di bibliografia

Includes bibliographical references and index.

#### Nota di contenuto

Intro -- Half Title -- Dedication -- Title -- Copyright -- Contents --

MindYourSelf -- Praise for Rewriting Our Stories -- Foreword -- Acknowledgements -- 1. Storytelling in a Time of Fear -- We do storytelling -- Inhabiting our stories -- Empowerment through stories -- Transforming how we feel -- 2. A Culture of Fear -- Everyone experiences fear -- Fear affects our well-being -- Beyond the pill bottle -- 3. Scarcity Narratives -- We are enough -- The fear industry -- Building a sustainable global story -- 4. Seeing Belief Systems as Stories -- Oppressive belief systems -- Exposure to other stories -- Shattering the illusion -- Stories of love -- 5. Shifting the Paradigm -- Conscious perception -- Overcoming Opposition -- Reframing language -- Thinking too much -- 6. Intuitive Learning -- Multiple intelligences -- Somatic intelligence -- Observational intelligence -- Emotional intelligence -- Our intuitive sense -- Expecto patronum -- 7. Acceptance and Surrender -- Accepting impermanence -- Yielding instead of resisting -- Processing shame and guilt -- 8. Living Is Our Story -- We are stories -- Fictional fear stories -- Real and imagined stories -- Metaphors of meaning -- 9. Being Our Stories -- Narrative empathy -- Living moment by moment -- No change is too small -- Conscious storytelling and oneness -- 10. REWRITE Our Stories -- The process of REWRITE -- Recognise who you are -- Embrace your stories -- Witness the fear -- Reinforce what you want -- Integrate a new story -- Tell this story -- Enhance your creativity -- 11. Inviting Stories of Gratitude -- The power of thanks -- Benefits of gratitude -- One story ends, another begins -- Appendix: REWRITE Your Story -- Glossary -- Other Resources -- Other Reading -- Index -- Backcover.

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