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[Keeping Cool](#) Apr 27 2020

[More Than Keeping Cool](#) Feb 24 2020 An exhibition of Chinese fans, fan paintings, and fan cases in the Royal Ontario Museum and private collections.

[Feng Shui Mommy](#) Aug 20 2019 Impending motherhood serves up a confusing cocktail of heroic strength and terrifying vulnerability. Our culture has seized on the "vulnerability" part of this experience and tends to reinforce a pregnant woman's insecurities instead of encouraging her to embrace this most natural time and trust her body, her intuition, and her own mind. Feng Shui Mommy takes a different approach, helping the expecting mother build her own unique, epic journey to motherhood. It's about supporting her while she shores up her mind-body-spirit alignment so she can best handle the cosmic kick in the uterus and juicy kiss on the soul that pregnancy is. Bailey Gaddis guides women through the experience, providing specific suggestions for mind, body, and spirit for each trimester (including the "fourth," after birth), leading to birth preparation designed for each mother and baby, and culminating in strong mother-child bonding. She includes detailed and practical information about prenatal exercise and nutrition, birth preferences and birthing positions, breath work, breastfeeding, and much more. Her advice allows mothers to welcome delight and curiosity into the journey while taking each phase with purpose and calm — and even a sense of fun. This comprehensive guide makes challenge and change joyful, allowing new life to be as incomparably wonder-filled as it is meant to be.

[Keeping Your Cool](#) Jun 29 2020 Stories to Encourage Positive Behavior in Small Children The preschool and kindergarten years are some of the most important formative years of a person's life. Habits and attitudes developed during these crucial years affect a child for the rest of his or her life. These years are also a challenging time for parents as their children test boundaries (and patience). How parents and children respond makes all the difference in the world. The Growing God's Kids series is designed to help young children understand their feelings, develop godly ways to deal with temptations, and form positive attitudes and behaviors that will serve them well in the future. In [Keeping Your Cool](#), parents and children are encouraged to recognize the feeling of anger and find constructive ways to deal with it.

[The Stress Management Handbook](#) Oct 22 2019 Understand stress, uncover your triggers, calm your madness, and find your power! In our search for happiness, many of us find ourselves pleasing everyone else over ourselves until we end up with feelings of resentment, frustration, and stress. Whether you're looking for love, work, or the solutions to a problematic marriage or the pressures of facing an empty nest, [The Stress Management Handbook](#) will teach you how to speak and live from a place of love rather than a place of stress. Stress expert Dr. Eva will help you: Understand the stress response Get a hold on negative emotions Redirect stress for good Laugh and let go These tools will teach you how to shift negativity to positivity in seconds, and finally hone in on the cause of your stress and release it to create your own happiness.

[Stay Cool](#) Jul 23 2022 In hot dry or warm humid climates, more than half of the urban peak load of energy consumption is used to satisfy air-conditioning demands alone. Since the urbanization rate in developing countries is extreme, the pressure placed on energy resources to satisfy the future requirements of the built environment will be great, unless new, more cost-effective measures can be introduced. [Stay Cool](#) is an essential guide for planning and design using active design principles and passive means to satisfy human comfort requirements specifically in these climate zones, based on examples of traditional and modern constructions. The book demonstrates how a design strategy for urban environments and individual buildings, incorporating naturally occurring resources and specific energy-efficient technologies, can create a location, form and structure that promote significant energy-savings. Such strategies can be applied to low cost housing, or indeed to any other buildings, in order to improve comfort with passive means and low energy budgets. Following an outline of climatic issues, characteristics and thermal comfort requirements, the book details the available techniques and technologies that can be used to shape both built and external environments, the building envelope, material selections and natural ventilation and cooling methods to satisfy both human requirements and the need for energy efficiency. It also includes an active design checklist and summary of available design checking tools, a rehabilitation guide for existing urban, building and external environments, and solar charts. Planners, architects, engineers, technicians and building designers will find [Stay Cool](#) an inspirational guide and an essential reference when working with planning and design of the built environment in hot dry and warm humid climate zones. It will also be of benefit to students, academics and researchers with an interest in sustainable and energy-efficient architecture techniques and practice.

[Stay Cool April Fool!](#) Dec 24 2019

[Blue's Cool Idea](#) Nov 03 2020 Steve and Blue share ideas for keeping cool in the summer heat.

[How do Animals Stay Cool](#) Mar 07 2021 People sweat to stay cool. The water comes out of our skin. As it dries, it takes the heat from our body with it. This helps us to stay cool. If the water is not drying fast enough, we can sit in front of a fan. This takes the water off our bodies faster. If that is not enough, we can add more water to our skin. We do this by running through a sprinkler or going swimming. Now that is a lot of water on your body. And all of that water is taking away some of the heat. That is how we stay cool. But many animals do not sweat. They also do not have sprinklers they can run through! They have to find other ways to stay cool. Here is how they do it. Ages 7 to 12 and up. All measurements in American and metric. Reading level: 3.4 LearningIsland.com believes in the value of children practicing reading for 15 minutes every day. Our 15-Minute Books give children lots of fun, exciting choices to read, from classic stories, to mysteries, to books of knowledge. Many books are appropriate for hi-lo readers. Open the world of reading to a child by having them read for 15 minutes a day.

[Keep Cool](#) Sep 13 2021

Staying Cool Jan 25 2020 While training in his grandfather's gym to compete in the Golden Gloves amateur boxing tournament, Curtis also has his eye on bigger prizes.

Stay Cool Jan 05 2021 Stay Cool is perhaps a polemic. Better yet, it is the song of the underprivileged. Either way, here is a book that mixes both of these elements celebrating only those things which are vital to our happiness. Indolent and content, Mark Pucci thoroughly enjoys a bohemian lifestyle. Elevating art above the superficiality of materialism, he leads a humble life filled with the wealth of poetry, music, family and friends. Yet all of this is threatened after a conversation with a wealthy eccentric who lives vicariously through Mark's talent as a writer. Seduced by the prospect of making some extra money, unable to afford to fix a nagging toothache, Pucci is tempted by the prospects of fame. From the recurrence of the shadowy young kid who reminds him to "stay cool" to the many episodic events that unfold throughout the story, he is constantly drawn inward. Perhaps the most surprising part comes at the end in Pucci's efforts to bring love to two lonely individuals while in the wake of his own self-discovery. His achievement is the ability to focus beauty on the ordinary gifts we commonly take for granted all across America.

Rocking Fatherhood Jun 10 2021 Let me guess: your Facebook page is littered with baby studies and you're hearing "Having a baby changes everything" more often than "Having a baby is pure joy." The sad fact is that pregnancy has been turned into a cataclysmic medical emergency and parenthood's become an obstacle course of optimization. Music journalist Chris Kornelis has no patience for any of it. He didn't know the first thing about pregnancy when his wife gave him the good news, but he knew that the birth of a child should be a joyous occasion, not a minefield of stress and shame. Rocking Fatherhood provides a week-by-week guide to pregnancy for twenty-first century fathers, but unlike most pregnancy books, it doesn't address every scenario and statistic you and your lady could encounter in the next nine months. Rather, Chris encourages you to make decisions based on what you think is best for your family, not to conform to someone else's definition of ideal. To write the book, he mined his own time as an expectant pop and new dad, but he also solicited wisdom from doctors, scientists, songwriters, and the real rock stars' moms. His entertaining insights include: You don't need a book or birthing course (only a 3x5 card. Babies can't change everything. They can't even change themselves. Pregnancy sex can be great sex. Nobody else knows how they're going to make it work, either. Bottle or breast: you decide what's best.

Stay Cool Nov 15 2021 What does it mean to be cool? The quality has always been hard to define, but easy to identify. James Dean. Miles Davis. They were cool. Joe Montana scrambling in the pocket. Steve McQueen riding a motorcycle. Very cool. To that list, you can now add another towering paragon of cool: the mighty polar bear. In Stay Cool, award-winning polar photographer Jonathan Chester and writer Patrick Regan reveal the uncanny life lessons to be learned from polar bears, those imposing but endlessly appealing kings of the Arctic. Pithy, clever, and surprisingly heartwarming, Stay Cool illustrates that these wild creatures with a strong sense of self and the ability to rely on their instincts have something useful to teach us all, making this keepsake book a great gift for people of all ages.

Stay Cool and In Control with the Keep-Calm Guru Mar 27 2020 Meet the Keep-Calm Guru, our expert guide to the art of staying cool, calm, and in control in the face of overpowering feelings! This illustrated book introduces wise ways for children to recognize and cope with anxiety, anger, frustration, and other difficult emotions. Using everything from yoga poses and pressure holds, to deep breathing and relaxing coloring activities, the Keep-Calm Guru shows kids how to take back control and feel cool, calm, and just right. Suitable for children with sensory and emotional regulation difficulties aged approximately 7-14 years.

Hayley's Help - Life of a Homemaker Jul 11 2021 Hayley Leitch, star of the popular TV series "Obsessive Compulsive Cleaners" brings to you: 'Hayley's help- Life of a Homemaker' the first in the series of Hayley's help books. Since starting on the Channel 4 series Hayley has helped many people restore order in their otherwise chaotic lives, and the love of helping others is what inspired 'Hayley's help' 'Life of a Homemaker'. This is a lighthearted book that delves into the daily struggles of living the life as a homemaker. Join Hayley as she shares her trials & tribulations in a week of her homemaking life. From the struggle of the school run and its playground, to surviving the weekly food shopping trips! Hayley reveals the different cleaning regimes she utilizes to keep the household ticking over. 'Hayley's help - Life of a Homemaker', is a must for all homemakers seeking handy, time saving tips and tricks to help make the tough job of being a homemaker, that little bit easy. Hayley shares her helpful cleaning hacks in her usual open and honest humor that she has become known, and loved for on TV and her very own YouTube channel. If you're after lots of laughs, inspiration and homemaker ideas then this is the book for you!

Keeping Cool in Southeast Asia Apr 20 2022 Against the backdrop of the environmental impact of household electricity consumption and the history of cooling practices, Marlyne Sahakian considers how people keep cool, from Metro Manila to other mega-cities in Southeast Asia.

Keep Your Cool: How to Deal with Life's Worries and Stress Jun 17 2019 Does life keep making you stressed, worried and unable to achieve what you want? Then this book is for you! Deal with bullying, family strife, exam panic and what it means to be you, as well as many other issues with Keep Your Cool. A vast selection of exercises, including yoga, breathing exercises and rationalising activities, will help you to stay focused and in control. Written by clinical psychotherapist Dr Aaron Balick, who has nearly 20 years in the field, this book draws on his experience with working with young people directly in schools, providing answers to real-life issues. By building your life skills and resilience, this book will keep you cool, calm and collected in the modern world.

Staying Cool Nov 22 2019 Anger is a completely normal, usually healthy human emotion--when it is under control. "Keeping Cool" is a guide for teens (and their parents) to using anger constructively, filled with real-life examples and ready-to-use tips.

Stay Cool 6 Activity Book Sep 01 2020

Keeping Cool Oct 14 2021 Explains how the body reacts to changing conditions such as temperature or humidity, how it adapts to its surroundings, and how the skin protects the body from harmful sun rays.

Totally Chill, My Complete Guide to Staying Cool Jul 19 2019 Workbook to help students cope with and develop ways to prevent stress and anxiety. Topics include relaxation, flexible thinking, problem solving, getting organized, being healthy, getting along with other kids and using strengths and talents.

Stay Cool At School / Apr 08 2021 It's not always easy being mindful at school--or at home. In this funny, charming tale, two imaginary jungle friends show a child how to manage all kinds of energy and emotions!

PEERS® for Young Adults Dec 04 2020 Session 1. Trading information and starting conversations -- session 2. Trading information and maintaining conversations -- session 3. Finding a source of friends -- session 4. Electronic communication -- session 5. Appropriate use of humor -- session 6. Entering group conversations -- session 7. Exiting conversations -- session 8. Get-togethers -- session 9. Dating etiquette : letting someone know you like them -- session 10. Dating etiquette : asking someone on a date -- session 11. Dating etiquette : going on dates -- session 12. Dating etiquette : dating do's and don'ts -- session 13. Handling disagreements -- session 14. Handling direct bullying -- session 15. Handling indirect bullying -- session 16. Moving forward and graduation.

Keeping Warm, Keeping Cool May 29 2020 Briefly Describes How People And Other Mammals Keep Warm And Stay Cool In A City Environment.

The Art of Keeping Cool Feb 18 2022 A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.
Keep Cool Jan 17 2022

Stay Cool Oct 02 2020 Stay Cool is perhaps a polemic. Better yet, it is the song of the underprivileged. Either way, here is a book that mixes both of these elements celebrating only those things which are vital to our happiness. Indolent and content, Mark Pucci thoroughly enjoys a bohemian lifestyle. Elevating art above the superficiality of materialism, he leads a humble life filled with the wealth of poetry, music, family and friends. Yet all of this is threatened after a conversation with a wealthy eccentric who lives vicariously through Mark's talent as a writer. Seduced by the prospect of making some extra money, unable to afford to fix a nagging toothache, Pucci is tempted by the prospects of fame. From the recurrence of the shadowy young kid who reminds him to stay cool to the many episodic events that unfold throughout the story, he is constantly drawn inward. Perhaps the most surprising part comes at the end in Pucci's efforts to bring love to two lonely individuals while in the wake of his own self-discovery. His achievement is the ability to focus beauty on the ordinary gifts we commonly take for granted all across America.

De ira Sep 20 2019 Timeless wisdom on controlling anger in personal life and politics from the Roman Stoic philosopher and statesman Seneca In his essay "On Anger" (De Ira), the Roman Stoic thinker Seneca (c. 4 BC–65 AD) argues that anger is the most destructive passion: "No plague has cost the human race more dear." This was proved by his own life, which he barely preserved under one wrathful emperor, Caligula, and lost under a second, Nero. This splendid new translation of essential selections from "On Anger," presented with an enlightening introduction and the original Latin on facing pages, offers readers a timeless guide to avoiding and managing anger. It vividly illustrates why the emotion is so dangerous and why controlling it would bring vast benefits to individuals and society. Drawing on his great arsenal of rhetoric, including historical examples (especially from Caligula's horrific reign), anecdotes, quips, and soaring flights of eloquence, Seneca builds his case against anger with mounting intensity. Like a fire-and-brimstone preacher, he paints a grim picture of the moral perils to which anger exposes us, tracing nearly all the world's evils to this one toxic source. But he then uplifts us with a beatific vision of the alternate path, a path of forgiveness and compassion that resonates with Christian and Buddhist ethics. Seneca's thoughts on anger have never been more relevant than today, when uncivil discourse has increasingly infected public debate. Whether seeking personal growth or political renewal, readers will find, in Seneca's wisdom, a valuable antidote to the ills of an angry age.

The Art of Keeping Cool Sep 25 2022 Set during World War II, young Robert worries about his cousin who, an artist himself, becomes intrigued by the mysterious German painter living near them in the woods as it is rumored that he may be a spy.

Keeping Cool in Southeast Asia Mar 19 2022 Against the backdrop of the environmental impact of household electricity consumption and the history of cooling practices, Marlyne Sahakian considers how people keep cool, from Metro Manila to other mega-cities in Southeast Asia.

Stay Cool May 21 2022 One hot day all the animals come to the crocodiles pool for a cool drink of water.

Agnes Parker... Keeping Cool in Middle School Aug 12 2021 Agnes Parker is going to middle school, and there's plenty of drama! Middle school is going to take some getting used to. Agnes's best friend, Prejean, has jumped in and decided to run for class president, but Agnes would rather try to be invisible. That'll be difficult now that Prejean has asked Agnes to be her campaign manager. And then there's Aram, a boy in Agnes's art class who seems to have a crush on her. He's smart and funny, and Agnes feels comfortable around him. But is he such an odd duck that she'll seem odd by association? "O'Dell's writing perfectly captures the painful and sometimes funny middle-school years. Agnes will once again charm readers with her sweet and generous nature, even as she navigates the new and scary world of seventh grade. Thoughtful and captivating."—Kirkus Reviews, starred review

Keeping It Cool Jul 31 2020

Keeping Cool in Summer Oct 26 2022 Read Along or Enhanced eBook: This Level 1 guided reader examines how people keep cool in summer weather. Students will develop word recognition and reading skills while learning about the actions of people and the tools they utilize to stay cool and healthy in heat.

Learning to Feel Good and Stay Cool Feb 06 2021 Explains the causes of different feelings and offers practical advice and activities for regulating emotions, staying out of the "upset zone," and problem solving to counter negative emotions.

How to Stay Cool, Calm and Collected When the Pressure's On May 09 2021 Pressures, problems, and conflicts are a fact of life. But the manager who can face problems head-on and deal with them calmly is way ahead of the game. How to Stay Cool, Calm & Collected When the Pressure's On offers a systematic approach to dealing with a world that often seems a chaotic confluence of tough decisions, difficult situations, and combative people. Written by a stress expert with a Ph.D. in organizational psychology, this antidote to stress and strain lays out a unique and powerful approach to making wise choices and taking actions that will put readers in control of any situation. Once the author's "Command and Control" techniques are learned, they can be used again and again in all areas of life. Readers will learn how to: * destroy counterproductive, stress-producing habits * adopt new, effective habits * become mentally tough, emotionally in control * communicate in a positive way How to Stay Cool Calm & Collected When the Pressure's On provides checklists, quotes from stress conquerors, and an outline for a personal effectiveness plan. By carefully adhering to the book's principles, anyone can erase the ravages of stress and move on to a more productive, I-can-handle-any-problem attitude. Without the energy-wasting effort of worrying, readers can concentrate on the important things: achieving success and enjoying their lives.

Keeping Cool in Life's Fires Jun 22 2022

Staying Warm, Keeping Cool Dec 16 2021 A look at the engineering processes that go into designing protective clothing for heat and cold resistance.

Survival Mom Aug 24 2022 From the creator of TheSurvivalMom.com comes this first-of-its-kind guidebook for all the "prepper" moms keen to increase their family's level of preparedness for emergencies and crises of all shapes and sizes. Publisher's Weekly calls Lisa Bedford's Survival Mom an "impressively comprehensive manual," saying, "suburban mom Bedford helps readers learn about, prepare for, and respond to all manner of disasters. . . . From 'Instant Survival Tip' sidebars to a list of 'Lessons from the Great Depression'. . . Bedford's matter-of-fact yet supportive tone will keep the willies at bay."