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~~The~~

A Cleveland Clinic

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dermatologist says
there's a particular
beverage that can
soothe your sunburn.
Here's why it's so
beneficial.

~~The #1 Best Drink to
Soothe Your Sunburn,
Expert Says~~

JERUSALEM — Isaac Herzog pledged to heal deep divisions in Israeli society ... to

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lower the flames, to
calm things down."

"My mission, the
mission of my term, is
to do everything in
order ...

~~Isaac Herzog vows to
'calm things down' as
he is sworn in as new
president of Israel~~

The ultimate guide to
the top wellness and
fitness destinations

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that are worth
checking out this
summer while
you 're in the
Hamptons.

~~The Ultimate Guide~~

~~To Wellness~~

~~Destinations In The~~

~~Hamptons~~

The ARTree

Community Arts

Center announced it

will be holding its

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first in-person 'Nest:
Healing Art Studio'
program on Tuesday,
July 13, free to teens
and adults in the
community who wish
to express ...

~~July 13: ARTree to
Hold First In Person
' Nest: Healing Art
Studio ' Program
JERUSALEM (AP) —
Isaac Herzog pledged~~

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to heal deep divisions
in Israeli society ... to
lower the flames, to
calm things down. ”

“ My mission, the
mission of my term, is
to do everything ...

~~Herzog pledges to
' calm things ' as
Israel ' s 11th
president~~

Here are some
treatment protocols

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that are based on the
research done by the
Institute of

Acupressure and

Holistic Healing ...

Remaining calm is

essential. The

body ' s natural

stress response ...

~~Simply Su Jok: Calm~~

~~your cough and~~

~~breathe easy~~

Find out here which

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stones calm stress,
inspire creativity and
and restore energy.

Click the link at the
bottom ... its

protective and
general, all-round
healing properties.

Rock crystals are ...

~~The healing power of
crystals~~

Such unpleasant after-
effects are now

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widely accepted as
part of the healing
process enacted
through ... taking note
of physical
surroundings to calm
the triggered body by
rooting it in the ...

~~How to use
therapeutic writing
for empowerment
without revisiting
trauma~~

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But if you're looking to add some much-needed zen into your otherwise hectic routine, we're here to help. These are the best meditation classes in Dubai to hit up when you 're craving some calm. If you ...

~~6 unique meditation sessions to find your~~

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zen

adding that the idea resonated with the brand 's philosophy to create a world that

is calm, tranquil and unrushed. " The

' Time to Heal '

campaign brings forth the message of hope, positivity ...

~~Brands' new pitch to push consumers to~~

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get jabbed

He will be

instrumental in

implementing

CALM 's mission to

prevent childhood

trauma, heal children

and families, and

build resilient

communities

throughout Santa

Barbara County. Clark

is a native ...

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~~Jon Clark Joins CALM
Board of Trustees~~

He immediately knew the best way to calm Matherson, was to talk about something he loved. "I have had crisis intervention training. They teach us techniques to deal with people in mental crisis," said ...

~~Bonding and healing~~

Page 16/57

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~~over Steelers football~~

They listened closely

— orange ribbons

pinned to their shirts,

clutching LED candles

and flowers — to the

calm and somber

voices ... deserve a

proper healing

process, Trahan said.

~~St. Ignatius vigil~~

~~honors lost children,~~

~~survivors of Native~~

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American boarding
schools

In this Zevely Zone, I
went to Escondido

where music is

helping horses to

heal. The goal of

Mountain ... "It really

does calm the horses

down," said Madison

Levy. She is the

volunteer coordinator

...

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~~How a harp is helping
horses heal in
Escondido~~

“ We figured we
would take this
opportunity to allow
the inflammation in
the core-hip region to
calm down, ”

Tomczyk ... All-Star
break and allow this
to heal properly and
get him back out ...

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Healing The

Aggressive Dog
Positive Answers for
the Aggressive Dog.

Karen Pryor
The dog that bites.

The dog that attacks
other dogs. The dog
who may not survive
his own aggressive
behavior. What can
be done to help these
dogs? When Emma
Parsons, canine
behavior consultant,
discovered that her

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own dog was aggressive, she developed innovative and effective strategies to calm, alter, and re-shape his reactive displays, and those of her clients' dogs.

"I ' m loving it! Laura has managed not only

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to write a clear and incredibly important book, she 's really funny too! Her way of writing, the images in her language, and the diagrams make this book really stand out; there 's no way to misunderstand the concepts she 's presenting." —Emelie Johnson Vegh, co-author of Agility

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Right from the Start

Some dogs need a little help. Some dogs are afraid, or excited, or reactive. Dogs that “ don ’ t listen ” and “ go crazy ” don ’ t live the lives we—or they—want. Fired Up, Frantic, and Freaked Out can change that. Simple steps and an accessible, conversational tone

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from award-winning,
internationally-known
trainer Laura

VanArendonk Baugh

CPDT-KA KPACTP

make calming the
agitated dog not only
possible, but pleasant.

Inside you ' ll learn

how to: - Achieve

change in short,

simple training

sessions of a minute

or less - Maximize the

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effects of natural

brain chemistry -

Know when to call in

medical help -

“Clean up”

unreliable behaviors

in both overexcited

sport dogs and pets at

home - Recognize

how fear, aggression,

and excitement are

variants of the same

root problem The

conversational tone is

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both informative and fun—very accessible, and it feels like the reader has a

consulting trainer standing at her shoulder! Bring your dog from emotional to thoughtful, and enjoy a calmer, more enriched life with your best friend.

Is walking your dog a

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tug-of-war? At last, a simple way to teach your dog to walk on a leash without pulling your arm off!

Norwegian dog trainer, Turid Rugaas, internationally known for her groundbreaking work on canine body language and author of *On Talking Terms with Dogs: Calming*

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Signaling, turns her attention to the common problem of dogs that pull while on a leash. In My Dog Pulls. What Do I Do? you will learn Turids quick and easy method to train any age, size or breed of dog to walk calmly and quietly on a loose leash. Her approach is humane and based

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on a solid understanding of why dogs pull and how to work with the dogs nature and the environment to overcome the problem. City, town or country walking will become more relaxed, reducing stress for dog and owner. My Dog Pulls explains: Why dogs

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develop pulling
problems. Simple
steps to retraining
even a vigorous
puller. How to
rehabilitate the puller
with clear, helpful
photographs. Correct
use of leashes, collars
and harnesses. What
works, what doesn't. Tr
oubleshooting
problems that arise in
training.

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Healing The

The author explains how to use clicker training, originally designed for dolphins, to train dogs effectively.

- Reveals the principles of the secret language of the animal kingdom to help you communicate with

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your pet and read their signals • Offers cutting-edge, unique solutions to everyday canine problems by looking at behavioral issues through the lens of your pet ' s emotions • Shares training exercises and powerful meditative practices to do with your pet as well as on your own to help

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soothe anxiety,
overcome aggression
issues, and transform
tension into harmony

There is a secret
language that dogs
use, and you can
learn it to understand
and communicate
with your pet, help
resolve common
behavioral issues, and
transform your dog
into a calm, intuitively

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obedient companion
you can share your
life with. Sharing his
complete approach to
raising and relating to
your pet in an
enlightened way,
meditation teacher
and master dog
trainer Jesse
Sternberg reveals the
principles of the
secret language of the
animal kingdom and

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offers commonsense
yet unique solutions
to everyday canine
behavioral problems.

Using case studies
that resonate with
every pet owner and
dog lover, he shows
how dogs want to
behave for their
masters and how they
communicate
nonverbally using
postures, angles, and

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subtle gestures of body language. He explains how most of our pets' issues arise from intense feelings caused by the environment, ourselves, or prior conditioning and how these emotions are acted out by the dog, hence its jumping, lunging, biting, or chewing. Combining

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Mindfulness The

teachings with animal
psychology, the
author shares

training exercises and
powerful meditative
practices to do with
your pet as well as on
your own to help
build a calm and
peaceful mindset for
both your dog and
yourself, so
eventually you will

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find yourselves
aligned in every
situation and
gracefully master
even the unexpected
ones. He explores
unique training
techniques for
soothing anxiety,
healing neuroses,
overcoming
aggression issues,
and transforming
tension into harmony.

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He teaches you how to communicate nonverbally with your dog using the signals dogs use with each other and details how to address problems with resource guarding, territory, leash training, and a host of other issues as well as the unique situations that can arise with children,

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puppies, and aging
pets. Helping you
cultivate empathy,
awareness, and
confidence to become
the “ peaceful
alpha ” your dog
craves, this guide
shows how to
strengthen your
human-animal bond,
communicate with
actions, read body
language, and

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command with
respect and love.

Aggressive Dog

Karen Pryor

Clicker Book

In this breakthrough book, Morgan Spector shows you how and why to use clicker training, the technology of operant conditioning and positive reinforcement, to train your dog.

Whether you're

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starting off with a new puppy or headed for the Obedience ring, these step-by-step instructions will work for you.

"Teach Us to Sit Still is the visceral, thought-provoking, and inexplicably entertaining story of how Tim Parks found himself in serious

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pain, how doctors failed to help, and the quest he took to find his own way out.

Overwhelmed by a crippling condition which nobody could explain or relieve, Parks follows a fruitless journey through the conventional medical system only to find relief in the most

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unexpected place: a
breathing exercise
that eventually leads
him to take up
meditation. This was
the very last place
Parks anticipated
finding answers; he
was about as far from
New Age as you can
get. As everything
that he once held true
is called into
question, Parks

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confronts the relationship between his mind and body, the hectic modern world that seems to demand all our focus, and his chosen life as an intellectual and writer. He is drawn to consider the effects of illness on the work of other writers, the role of religion in shaping our sense of self, and

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the influence of
sports and art on our
attitudes toward
health and well-being.

Most of us will fall ill
at some point; few
will describe that
journey with the
same verve, insight,
and radiant
intelligence as Tim
Parks"--Provided by
publisher.

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Fascinating patient stories and dynamic exercises help you connect to healing emotions, ease anxiety and depression, and discover your authentic self. Sara suffered a debilitating fear of asserting herself. Spencer experienced crippling social anxiety. Bonnie

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was shut down,
disconnected from
her feelings. These
patients all came to
psychotherapist

Hilary Jacobs Hendel
seeking treatment for
depression, but in fact
none of them were
chemically depressed.
Rather, Jacobs Hendel
found that they ' d all
experienced traumas
in their youth that

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caused them to put

up emotional

defenses that

masqueraded as

symptoms of

depression. Jacobs

Hendel led these

patients and others

toward lives newly

capable of joy and

fulfillment through an

empathic and

effective therapeutic

approach that draws

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on the latest science

about the healing

power of our

emotions. Whereas

conventional therapy

encourages patients

to talk through past

events that may

trigger anxiety and

depression,

accelerated

experiential dynamic

psychotherapy

(AEDP), the method

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practiced by Jacobs
Hendel and pioneered
by Diana Fosha, PhD,
Karen Pryor
teaches us to identify
the defenses and
inhibitory emotions
(shame, guilt, and
anxiety) that block
core emotions (anger,
sadness, fear, disgust,
joy, excitement, and
sexual excitement).
Fully experiencing
core emotions allows

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us to enter an
openhearted state
where we are calm,
curious, connected,
compassionate,
confident,
courageous, and
clear. In It ' s Not
Always Depression,
Jacobs Hendel shares
a unique and
pragmatic tool called
the Change
Triangle—a guide to

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carrying you from a
place of
disconnection back to
your true self. In
these pages, she
teaches lay readers
and helping
professionals alike •
why all
emotions—even the
most painful—have
value. • how to
identify emotions and
the defenses we put

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up against them. •

how to get to the root
of anxiety—the most
common mental

illness of our time. •

how to have
compassion for the
child you were and
the adult you are.

Jacobs Hendel
provides navigational
tools, body and
thought exercises,
candid personal

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anecdotes, and
profound insights
gleaned from her
patients ,
remarkable
breakthroughs. She
shows us how to
work the Change
Triangle in our
everyday lives and
chart a deeply
personal, powerful,
and hopeful course to
psychological well-

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being and emotional
engagement.

Aggressive Dog

Karen Pryor

"... A new method of
animal training using
positive

reinforcement and a

'clicker' is easy for

you and fun for your

dog."--Cover.

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