

## Mine A Practical Guide To Resource Guarding In Dogs Jean Donaldson

An afternoon walk in the woods of a nearby golf course leads to an unexpected adventure for thirteen-year-old Jennifer and her nine-year-old sister Mary when they discover an old lead mine and its century-old secret. Last book in the Treasure Hunters series.

Tessa was prepared for the hurricane. Lindsey was the storm she didn't see coming. When Tessa Taylor unlocked her husband Ethan's iPad to discover nude photos from a twenty-six-year-old bombshell named Lindsey, her seemingly perfect life came to a screeching halt. With a hurricane barreling toward Florida and Ethan stuck on a business trip, Tessa finds herself imprisoned in her own home with a choice to make: Does she ride out the storm until she can confront Ethan in person, or does she take matters into her own hands? Increasingly restless and desperate for revenge, Tessa resolves to act. And when she lures Lindsey over a few hours later, there's no turning back. What ensues is a battle of wills between two well-matched opponents, blinded by love for the same man but driven by demons of their own. Like storm-ravaged Florida, neither woman will be the same when the skies clear. He's mine. Both wife and mistress would stake their lives on it. But only one of them can be right.

Weight loss is about people, not calories! Interpersonal, emotional, and spiritual factors are the real keys to weight management, but are seldom mentioned in diet and exercise books. Drawing on the inspirational stories of the members of the international nonprofit weight-loss support group Take Off Pounds Sensibly (TOPS), the organization's psychologist, Howard J. Rankin, Ph.D., shows you how to harness your personal power-and the power of others-to lose weight and keep it off. Successful weight loss has to do with personal transformation. Dr. Rankin shows you how to develop and maintain your motivation by finding the real meaning in your weight-loss efforts. Extracting key principles from incredible success stories, Dr. Rankin not only presents practical steps for achieving your weight-loss goals, but shows how they can be implemented in the context of your everyday, busy life. In addition to motivational strategies, easy-to-follow advice is given to help develop key attitudes such as resilience, self-acceptance, and responsibility; as well as essential skills such as self-control, adaptive thinking, and temptation management. People don't lose weight in a social vacuum, they lose weight in the context of their relationships. So at each step, Dr. Rankin shows you how to enhance your program by using one of the most valuable resources available-the power of others. Book jacket.

Moved by previous visits to the Centralia, and ultimately by a trip to the now deserted town, which was bought out by the state following an unstoppable mine fire that began in 1962, the author was inspired to write a fitting eulogy. The novel is a fictional accounting based on fact and metaphorically presents the mine owners and industrialists as Satanical manifestations in need of exorcism. It is a wonderful mix of period fact with fiction - there is much to learn while enjoying a fanciful journey through the author's imagination. Sample from the book: "More water! More water damn it! The fire is spreading!" From behind a fire pumper a soot covered black-faced fireman came running and shouting. "Around the other side! Quickly!" Three more fire fighters joined in, sweat pouring from their brows in the 83 degree heat, made many times hotter by the raging fire, dragging limp cloth hose toward the quickly spreading fire that was reaching out in anger from the pit. "Charge the line," screamed a scrawny teenage fireman. The hose they were carrying quickly filled and whipped along like a disturbed snake. The fire, in the pit of an old abandoned strip mine near the Odd Fellows cemetery was started once or twice a year to burn excess municipal rubbish, but had never gotten out of control, as did this one. This fire was started on May 27 to clean up rubbish and municipal waste in preparation for the Memorial Day celebration, and was then extinguished by the fire department and was thought to have gone out. It had again re-kindled on May 29 and was put out late in the evening. It again re-kindled on June 12, though not as bad. Now it had re-kindled yet again, this time with a vengeance, as if set by Satan himself. None of the locals had ever seen such an inferno.

BASED ON NATURAL laws which govern all of creation, this book shatters the myth that success is the result of hard work, exacting plans, or driving ambition. In *The Seven Spiritual Laws of Success*, Deepak Chopra offers a life-altering perspective on the attainment of success: Once we understand our true nature and learn to live in harmony with natural law, a sense of well-being, good health, fulfilling relationships, energy and enthusiasm for life, and material abundance will spring forth easily and effortlessly. Filled with timeless wisdom and practical steps you can apply right away, this is a book you will want to read and refer to again and again.

The mining industry has experienced important improvements with regard to its safety record and work environment. But there is still room for further improvement and the mining industry now faces the challenge of securing a future workforce: The current workforce is aging, and mining work increasingly requires a more qualified workforce. *Designing Ergonomic, Safe, and Attractive Mining Workplaces* seeks to give an understanding of what must be considered in the design of mining workplaces. By reviewing and discussing the historic and current development of the mining industry as well as problems related to the safety, ergonomics, and attractiveness of mining workplaces, it demonstrates that the challenges facing the mining industry often need to be solved on a case-to-case basis. The processes through which these issues are managed are of significant importance. To facilitate a proactive approach, the book covers the principles of systematic work environment management, together with examples of methods for risk management and work environment monitoring. It introduces a systematic and iterative design and planning method for the mining industry. This method acknowledges that all relevant stakeholders must be able to influence the design of ergonomic, safe, and attractive mining workplaces. Features Takes a holistic and sociotechnical approach to current and future problems of the mining industry, which normally are dealt with in isolation or through technology Reviews historic, current, and future issues in the mining industry with regards to workplace attractiveness, health, safety, mechanization, automation, and work organization Provides several examples of these issues and attempts to address them (successfully and unsuccessfully) Covers the principles of systematic work environment management together with examples of methods for risk management and work environment monitoring for pro-actively dealing with work environment issues Introduces a systematic and iterative design and planning method for the mining industry that aims to avoid problems of traditional planning approaches and increase stakeholder and employee participation

*R for Political Data Science: A Practical Guide* is a handbook for political scientists new to R who want to learn the most useful and common ways to interpret and analyze political data. It was written by political scientists, thinking about the many real-world problems faced in their work. The book has 16 chapters and is organized in three sections. The first, on the use of R, is for

those users who are learning R or are migrating from another software. The second section, on econometric models, covers OLS, binary and survival models, panel data, and causal inference. The third section is a data science toolbox of some of the most useful tools in the discipline: data imputation, fuzzy merge of large datasets, web mining, quantitative text analysis, network analysis, mapping, spatial cluster analysis, and principal component analysis. Key features: Each chapter has the most up-to-date and simple option available for each task, assuming minimal prerequisites and no previous experience in R. Makes extensive use of the Tidyverse, the group of packages that has revolutionized the use of R. Provides a step-by-step guide that you can replicate using your own data. Includes exercises in every chapter for course use or self-study. Focuses on practical-based approaches to statistical inference rather than mathematical formulae. Supplemented by an R package, including all data. As the title suggests, this book is highly applied in nature, and is designed as a toolbox for the reader. It can be used in methods and data science courses, at both the undergraduate and graduate levels. It will be equally useful for a university student pursuing a PhD, political consultants, or a public official, all of whom need to transform their datasets into substantive and easily interpretable conclusions.

A practical how-to guide on resource guarding - food bowl, object, bed, crate, owner, etc. - in dogs. Contents include: aggression basics, nature of resource guarding, kinds of resource guarding, behaviorist vs. medical models, recognizing guarding, prognosis, safety tools, treatment overview, management, desensitization and counterconditioning, resource sample hierarchies, generalization, troubleshooting, body handling desensitization, operant conditioning.

Guidelines for Mine Waste Dump and Stockpile Design is a comprehensive, practical guide to the investigation, design, operation and monitoring of mine waste dumps, dragline spoils and major stockpiles associated with large open pit mines. These facilities are some of the largest man-made structures on Earth, and while most have performed very well, there are cases where instabilities have occurred with severe consequences, including loss of life and extensive environmental and economic damage. Developed and written by industry experts with extensive knowledge and experience, this book is an initiative of the Large Open Pit (LOP) Project. It comprises 16 chapters that follow the life cycle of a mine waste dump, dragline spoil or stockpile from site selection to closure and reclamation. It describes the investigation and design process, introduces a comprehensive stability rating and hazard classification system, provides guidance on acceptability criteria, and sets out the key elements of stability and runout analysis.

Chapters on site and material characterisation, surface water and groundwater characterisation and management, risk assessment, operations and monitoring, management of ARD, emerging technologies and closure are included. A chapter is also dedicated to the analysis and design of dragline spoils. Guidelines for Mine Waste Dump and Stockpile Design summarises the current state of practice and provides insight and guidance to mine operators, geotechnical engineers, mining engineers, hydrogeologists, geologists and other individuals that are responsible at the mine site level for ensuring the stability and performance of these structures. Readership includes mining engineers, geotechnical engineers, civil engineers, engineering geologists, hydrogeologists, environmental scientists, and other professionals involved in the site selection, investigation, design, permitting, construction, operation, monitoring, closure and reclamation of mine waste dumps and stockpiles.

"This is a self-help book on how to argue effectively, conciliate, and gently persuade. The authors admit to getting it wrong in their own past conversations. One by one, I recognize the same mistakes in me. The world would be a better place if everyone read this book." -- Richard Dawkins, author of *Science in the Soul* and *Outgrowing God* In our current political climate, it seems impossible to have a reasonable conversation with anyone who has a different opinion. Whether you're online, in a classroom, an office, a town hall -- or just hoping to get through a family dinner with a stubborn relative -- dialogue shuts down when perspectives clash. Heated debates often lead to insults and shaming, blocking any possibility of productive discourse. Everyone seems to be on a hair trigger. In *How to Have Impossible Conversations*, Peter Boghossian and James Lindsay guide you through the straightforward, practical, conversational techniques necessary for every successful conversation -- whether the issue is climate change, religious faith, gender identity, race, poverty, immigration, or gun control. Boghossian and Lindsay teach the subtle art of instilling doubts and opening minds. They cover everything from learning the fundamentals for good conversations to achieving expert-level techniques to deal with hardliners and extremists. This book is the manual everyone needs to foster a climate of civility, connection, and empathy.

The tools you need to think and train like a professional Jean Donaldson is one of the top dog trainers in the United States, and her training academy has gained a reputation as the Harvard for dog trainers and behavioral counselors. Now, you can harness her highly effective dog-training techniques and benefit from her expert guidance without leaving your home. If you're like most dog owners, you treat your four-legged friend as a valued member of the family who enjoys the full run of the house-which is why good behavior is so important. *Train Your Dog Like a Pro* offers a trusted, systematic approach to positive dog training that anyone can follow. You'll get clear, detailed instructions for teaching essential behaviors, more advanced skills, and even some fun tricks. Plus, a bonus DVD shows you exactly how to accomplish each technique. Bonus DVD contains 2 hours and 30 minutes of hands-on instruction. Training is based only on positive reinforcement, patience, and persistence. Donaldson is the best-selling author of *The Culture Clash: The Revolutionary New Way to Understanding the Relationship Between Humans and Domestic Dogs*. Whether you're the proud parent of a puppy, an adolescent, or an adult dog, this book and DVD truly give you everything you need to train your dog like a pro. Note: CD-ROM/DVD and other supplementary materials are not included as part of eBook file.

Metabolomics and proteomics allow deep insights into the chemistry and physiology of biological systems. This book expounds open-source programs, platforms and programming tools for analysing metabolomics and proteomics mass spectrometry data. In contrast to commercial software, open-source software is created by the academic community, which facilitates the direct interaction between users and developers and accelerates the implementation of new concepts and ideas. The first section of the book

covers the basics of mass spectrometry, experimental strategies, data operations, the open-source philosophy, metabolomics, proteomics and statistics/ data mining. In the second section, active programmers and users describe available software packages. Included tutorials, datasets and code examples can be used for training and for building custom workflows. Finally, every reader is invited to participate in the open science movement.

An Adam Grant Spring Book Pick Finalist for the Next Big Idea Club "A must-read this spring -- a fantastically well-written exploration of our need for ownership and the costs of greed." --Andrew Solomon, National Book Award-winning author of *Far From the Tree* A hidden set of rules governs who owns what--explaining everything from whether you can recline your airplane seat to why HBO lets you borrow a password illegally--and in this lively and entertaining guide, two acclaimed law professors reveal how things become "mine." "Mine" is one of the first words babies learn. By the time we grow up, the idea of ownership seems natural, whether buying a cup of coffee or a house. But who controls the space behind your airplane seat: you reclining or the squished laptop user behind? Why is plagiarism wrong, but it's okay to knock-off a recipe or a dress design? And after a snowstorm, why does a chair in the street hold your parking space in Chicago, but in New York you lose the space and the chair? *Mine!* explains these puzzles and many more. Surprisingly, there are just six simple stories that everyone uses to claim everything. Owners choose the story that steers us to do what they want. But we can always pick a different story. This is true not just for airplane seats, but also for battles over digital privacy, climate change, and wealth inequality. As Michael Heller and James Salzman show--in the spirited style of *Freakonomics*, *Nudge*, and *Predictably Irrational*--ownership is always up for grabs. With stories that are eye-opening, mind-bending, and sometimes infuriating, *Mine!* reveals the rules of ownership that secretly control our lives.

From the award-winning author of *Culture Clash*, *Mine!*, and *Oh Behave!* A practical guide to the treatment of dog-dog aggression. This down-to-earth manual will teach you how to use behavior modification to retrain a dog that bullies other dogs or becomes fearful when approached by other dogs. Includes descriptions of common types of aggression, assessing prognosis, remedial socialization, on-leash manners training, proximity sensitivity, play style and skills, resource guarding, and prevention.

A stylish guide to environment-friendly ways of buying, wearing, caring for, and decluttering your wardrobe, illustrated with case studies and tips from eco-fashion pioneers across the world As part of a growing global awareness of the importance of eco-conscious living, both for the planet and as a means of promoting fair labor practices, more people than ever before are seeking to dress in an environmentally friendly way. On a broader scale, initiatives to promote a more sustainable approach to fashion have made headlines and grown like never before, from the release of the high-profile documentary *The True Cost* to the launch of the worldwide "Fashion Revolution" campaign. This timely book is organized into four chapters—Buy, Wear, Care, and Dispose—each containing a short introduction with essential information followed by practical tips and illustrated case studies to help you make the first step toward a more sustainable wardrobe. A detailed reference section recommends not only the best ethical fashion labels and collections but also eco-friendly fabrics, standards, and certifications; cleaning methods; renting, swapping, and recycling initiatives; and much more.

Developed and adapted by the authors of this book, thematic analysis (TA) is one of the most popular qualitative data analytic techniques in psychology and the social and health sciences. Building on the success of Braun & Clarke's 2006 paper first outlining their approach - which has over 100,000 citations on Google Scholar - this book is the definitive guide to TA, covering: - Contextualisation of TA - Developing themes - Writing TA reports - Reflexive TA It addresses the common questions surrounding TA as well as developments in the field, offering a highly accessible and practical discussion of doing TA situated within a clear understanding of the wider terrain of qualitative research. Virginia Braun is a Professor in the School of Psychology at The University of Auckland, Aotearoa New Zealand. Victoria Clarke is an Associate Professor in Qualitative and Critical Psychology in the Department of Social Sciences at the University of the West of England (UWE), Bristol.

This Practical Guide to Rock Tunneling fills an important void in the literature for a practical guide to the design and construction of tunnels in rock. Practical Guide to Rock Tunneling takes the reader through all the critical steps of the design and construction for rock tunnels starting from geotechnical site investigations through to construction supervision. The guide provides suggestions and recommendations for practitioners on special topics of laboratory testing, durability of rock and acceptance for unlined water conveyance tunnels, overstressing or deep and long tunnels, risk-based evaluation of excavation methods, contract strategies, and post-construction inspections. Key considerations and lessons learned from selected case projects are presented based on the author's extensive international experience of over 30 years and 1000 km of tunneling for civil, hydropower, and mining infrastructure, including some of the most recognized projects in the world to date. Instead of revisiting all theory and concepts that can be found in other sources, this book contains the hard learned lessons from the author's experience in the field of Rock Tunneling, gathered over 30 years of service.

Analytics can make government work better—this book shows you how A Practical Guide to Analytics for Governments provides demonstrations of real-world analytics applications for legislators, policy-makers, and support staff at the federal, state, and local levels. Big data and analytics are transforming industries across the board, and government can reap many of those same benefits by applying analytics to processes and programs already in place. From healthcare delivery and child well-being, to crime and program fraud, analytics can—in fact, already does—transform the way government works. This book shows you how analytics can be implemented in your own milieu: What is the downstream impact of new legislation? How can we make programs more efficient? Is it possible to predict policy outcomes without analytics? How do I get started building analytics into my government organization? The answers are all here, with accessible explanations and useful advice from an expert in the field. Analytics allows you to mine your data to create a holistic picture of your constituents; this model helps you tailor programs, fine-tune legislation, and serve the populace more effectively. This book walks you through analytics as applied to government, and shows you how to reap Big data's benefits at whatever level necessary. Learn how analytics is already transforming government service delivery Delve into the digital healthcare revolution Use analytics to improve education, juvenile justice, and other child-focused areas Apply analytics to transportation, criminal justice, fraud, and much more Legislators and policy makers have plenty of great ideas—but how do they put

those ideas into play? Analytics can play a crucial role in getting the job done well. A Practical Guide to Analytics for Governments provides advice, perspective, and real-world guidance for public servants everywhere.

Learn how to improve your health and wellness with the healing magic of cannabis, CBD and medicinal mushrooms. When health coach and wellness blogger Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer, her extensive knowledge of the latest alternative therapies was put to the test. Jenny dove into the world of cannabis and mushrooms and their medicinal properties - and she and her dad are now outspoken champions of the healing power of these plants and fungi - not only to tame the side effects of chemotherapy, but to address everyday wellness concerns. The Rebel's Apothecary is the result of her heartfelt and rigorous quest -- a science-based and supportive guide that will enhance the lives of anyone living with pain, anxiety, depression, a weakened immune system, insomnia, and more. Complete with background information, dosing instructions, and everyday recipes, this is the essential handbook for harnessing the ancient healing powers of cannabis and mushrooms --safely, without confusion, fear, or an unwanted high. In addition to debunking myths and de-stigmatizing these powerful healing plants and fungi, The Rebel's Apothecary presents: • Specific protocols and dosage guides for wellness uses (mood, sleep, immunity, focus, energy) and managing common chemotherapy side effects • Everyday wellness routines • Recipes for delicious, easy, health-enhancing cannabis and mushroom infused smoothies, coffee drinks, teas, elixirs, gummies, and broths - including recipes from chefs and wellness experts like Dr. Andrew Weil, Kris Carr, Seamus Mullen, Marco Canora and more • The latest research on CBD, THC, medicinal mushrooms and psilocybin • Tips for creating a cutting-edge home apothecary of your own

In The Four Agreements, bestselling author don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, The Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love. • A New York Times bestseller for over a decade • Translated into 46 languages worldwide “This book by don Miguel Ruiz, simple yet so powerful, has made a tremendous difference in how I think and act in every encounter.” — Oprah Winfrey “Don Miguel Ruiz’s book is a roadmap to enlightenment and freedom.” — Deepak Chopra, Author, The Seven Spiritual Laws of Success “An inspiring book with many great lessons.” — Wayne Dyer, Author, Real Magic “In the tradition of Castaneda, Ruiz distills essential Toltec wisdom, expressing with clarity and impeccability what it means for men and women to live as peaceful warriors in the modern world.” — Dan Millman, Author, Way of the Peaceful Warrior

Stephen Budiansky holds that virtually everything previously written about dogs is either wrong or misguided. Instead he maintains that to understand the true nature of dogs we need to stop interpreting their behaviour in the human terms of loyalty and betrayal. The truth is far more complex and surprising. The Dog Genome Project is currently laying the groundwork for identifying the genetic basis of why our dogs behave in the way they do. Other research investigates canine intelligence, and some remarkable experiments reveal what dogs can and cannot see.

Budiansky brings together the disciplines of behavioural science, genetics, neuroscience and archaeology to show us how wrong we have been about man's best friend.

What's Yours Is Mine - When a Realist Marries an Idealist is a lighthearted yet intimate look at the financial struggles couples face, and a collection of tips on how to be successful. Today, both men and women fill a variety of financial roles, and there are few clear standards for how to maintain a strong relationship in which money doesn't get in the way of happiness. Author Stacy Willoughby, believes that because schools generally don't teach about money and personal finance, we acquire our financial habits and beliefs from our experiences. Those experiences forge our emotional attachments to money, making financial conversations with a partner especially thorny. However, they don't have to be so difficult. Part memoir, part how-to, the book is a true story about the defining moments that changed how Stacy and her husband Rick work together and communicate about money. Willoughby offers a unique perspective about what it takes for couples to find financial harmony based on both her relationship and her years of experience in financial services helping clients work through their financial struggles. She is passionate about helping couples, especially newlyweds, start off on the right foot financially. What's Yours Is Mine will empower you to find positive ways to communicate about money and will inspire you to reach for your dreams, as well as those of your spouse.

The book that has shaped modern dog training and ownership with its unique and scientifically sound recognition of the "cultural" differences between dogs and humans. Dogs can't read so you need to in order to really understand your dog.

This book will get librarians writing by dispelling the mythos surrounding “scholarly writing” by providing practical tools and advice. Though the authors have extensive experience as scholars, this book is written in a friendly, approachable, non-intimating manner.

"This is one of the most straightforward (and that's coming from me), organized and direct books on magic that I've read. ... Aliza is honest, funny, and asks the questions that folks often forget after years of magical or tarot practice. This book is a delight, just like the author."—Melissa Cynova, author of Kitchen Table Magic "Aliza Einhorn's delightful A Mystical Practical Guide to Magic is akin to cozying up in your favorite café with your favorite witch friend, the one who knows all the good stuff and always has your back.

Besides presenting an easily accessible overview of the metaphysical arts, this wise and welcoming book offers a veritable cornucopia of magical tools to help you take charge of your life. It's the perfect guide for new seekers and budding witches everywhere!"—Kris Waldherr, bestselling creator of The Goddess Tarot and author of The Book of Goddesses

In the world of mining, both mining and asset management professionals often face difficult challenges to improve plant and fleet reliability or cost. Over the years the mining industry has developed complicated systems and processes to deal with the seemingly complex problems, but in the real world of maintenance, to be truly effective, organizations must first embed the practical, culture-based routines that simplify work so that large groups of people can align and become effective. After more than thirty years in mining, Gerard Wood has experienced firsthand the persistent maintenance problems that can occur. Throughout these years he has developed effective methods for solving

the common problems by developing the required culture of ownership and care that will ensure reliable, low-cost equipment performance. In *Simplifying Mining Maintenance*, he presents two simple models for reliable maintenance management, as well as actionable solutions to common problems causing unscheduled downtime events, increased scheduled downtime, cost concerns, people problems, and poor transition from projects to operations. Having the best maintenance organization in the world is possible--by getting back to basics with simple, culture-focused routines that people can understand and implement to ensure sustainable equipment performance.

Lupton's textbook on mine surveying includes the more advanced subjects of trigonometrical plotting, hypsometry, method of finding the true north, metalliferous mine surveying, and photographic surveying.

"Amidst a thousand tirades against the excesses and waste of consumer society, *What's Mine Is Yours* offers us something genuinely new and invigorating: a way out." —Steven Johnson, author of *The Invention of Air* and *The Ghost Map* A groundbreaking and original book, *What's Mine is Yours* articulates for the first time the roots of "collaborative consumption," Rachel Botsman and Roo Roger's timely new coinage for the technology-based peer communities that are transforming the traditional landscape of business, consumerism, and the way we live. Readers captivated by Chris Anderson's *The Long Tail*, Van Jones' *The Green Collar Economy* or Malcolm Gladwell's *The Tipping Point* will be wowed by this landmark contribution to the evolving ecology of commerce and sustainability.

77 practical activities that reinforce positive behavior This gold mine of teacher-developed and -approved activities goes beyond classroom management theory and gives you ready-to-use tools that not only encourage positive behavior, but also empower students to take responsibility for their behavior. Excellent for all students, these activities will help you: Improve your teaching and classroom management skills Enhance your knowledge base Maintain a positive attitude so that you can be proactive rather than reactive Also included are a quick-glance chart that groups the activities by appropriate grade level and helpful checklists.

Behavior Adjustment Training (BAT) was developed by Stewart to rehabilitate and prevent dog reactivity. BAT builds confidence by giving dogs a chance to learn to control their environment through peaceful means. As you learn how to understand your dog and help him learn to safely get along with people, dogs, and other triggers, you will learn practical ways to keep your dog from being pushed into a reactive state in and around your home and on walks.

Now in its second edition, this book focuses on practical algorithms for mining data from even the largest datasets.

The ultimate guide to building confidence in your body, beauty, clothes and life in an era of toxic social media-driven beauty standards. "A self-confidence bible that every woman should read."—Caroline Dooner, author of *The F\*ck It Diet* Empowering, insightful, and psychology-driven, *Beyond Beautiful* is filled with proven, no-BS strategies for proactive self-care. This stylish and practical handbook takes a deep-dive into all of the factors that make it hard to feel good about yourself, and offers sage answers to tricky questions, like: • Why do I hate the way I look in pictures? • How can I stop feeling like a total slob compared to everyone on social media? • How exactly does this "self-love" thing work? • How do I find the confidence to use less make up, stop shaving, or wear what I want? • Is body positivity really the answer? Illustrated with full-color art, *Beyond Beautiful* is a much-needed breath of fresh air that will help you live your best life, know your worth, and stop wasting any more precious energy and mental space worrying about the way you look. Praise for *Beyond Beautiful* "This compact book delves into every aspect of the body-image problem and sets forth feasible ideas for accepting one's physical appearance to enhance confidence and joy."—Library Journal (starred review) "Rees's emboldening message will surely help any reader struggling with self-confidence."—Publishers Weekly

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