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Dr Christian Jessen

Can I Just Ask? Christian Jessen, 2010-11-01 Dr Christian Jessen, the unshockable presenter of the hit television shows, Embarrassing Bodies and Supersize vs. Superskinny, is always being tackled by strangers wanting answers to their most private medical questions. Like all doctors, Dr Christian finds people sidling up to him with their questions at parties, on trains, and even in the street. So why don't people ask their own doctors these questions in the more formal setting of the medical surgery? And what are the most common questions? Can I Just Ask...? provides the answers in a fun and informative book that includes: • urban health myths busted • advice for common problems we don't like to talk about • specific sections for male/female health issues, curious facts, sex, diet, medicines, fitness and more • plenty of surprising facts and figures to help trivia-hungry readers better understand the mysterious workings of their bodies. Sometimes humorous, often surprising and always informative, this book will answer all your questions, whether you have a worrying health dilemma or just a curious mind!

<u>Supersize Vs Superskinny</u> Christian Jessen,2008 A one-size-fits-all diet book to show you how to identify and conquer your food hangups, reach your ideal weight, and follow a healthier, happier lifestyle - without going hungry.

<u>Dr Christian's Guide to You</u> Dr Christian Jessen,2016-05-05 Your teenage years see many changes to your body and your lifestyle. In his usual frank and straightforward fashion, Dr Christian tackles all your worries about growing up stress-free and healthy.

Dr Christian's Guide to Growing Up (new Edition) Dr Christian Jessen,2020-03-05 Dr Christian Jessen tells it like it is, in this upfront and unashamed companion to growing up. Coming to the rescue of parents, boys and girls, Dr Christian is ready to answer all their questions about

adolescence, sexuality and puberty. In his assured, no-nonsense fashion, he allays the fears and uncertainties of growing youngsters (and helps parents find answers) about puberty, sex, personal and emotional health and body image. Addressing all those cringey questions parents squirm at answering, Dr Christian's sensible, light-hearted advice guides boys and girls on the path to be coming healthy, happy adults. Covering issues such as: puberty, diet, sex, sexuality, self-esteem/body image, personal health, emotional health and bullying.

Dr Christian's Guide to Dealing with the Tricky Stuff Christian Jessen,2015-01-01 Finally, TV's favourite doctor, Dr Christian, comes to the rescue of parents, boys and girls to answer all their questions about adolescence, sexuality and puberty. Leave it on the coffee table or sit down and go through it together - this ebook is a godsend for every family household with children under the age of 15.

Cured Nathalia Holt,2014-02-27 "Nathalia Holt presents a thorough account of the research that provides scientists with hope that a cure will one day be achievable... and her empathy shines through in her prose. This is as important a social history as it is a medical document."—The Daily Beast Two patients—each known in medical history as the Berlin Patient—were cured of the HIV virus. The two patients' disparate cures came twelve years apart, but Nathalia Holt, an award-winning scientist at the forefront of HIV research, connects the molecular dots of these cases for the first time. Scientists are known to maintain a professional distance from those they study, but sometimes scientists are not just investigators, they are caregivers, too. Cured illustrates that even in the era of high-tech and big pharma, the way doctors and patients communicate remains a critical ingredient in the advance of this science. Holt offers a kind of hope that the thirty-four million people currently infected with HIV need and a story of ingenuity, dedication, and humanity that will inspire the rest of

us.

<u>Dr Christian's Guide to Growing Up Online (Hashtag: Awkward)</u> Dr Christian Jessen,2018-05-03 Dr Christian's Guide to Growing Up Online' takes a social-media style tour through such wide-ranging topics as health, puberty, anxiety, gender, sexuality, stress, grief and any difficult questions in between.

Railroads of Northern Colorado Kenneth Christian Jessen, 1982

'Curing queers' Tommy Dickinson,2015-01-31 Drawing on a rich array of source materials including previously unseen, fascinating (and often quite moving) oral histories, archival and news media sources, 'Curing queers' examines the plight of men who were institutionalised in British mental hospitals to receive 'treatment' for homosexuality and transvestism, and the perceptions and actions of the men and women who nursed them. It examines why the majority of the nurses followed orders in administering the treatment – in spite of the zero success-rate in 'straightening out' queer men – but also why a small number surreptitiously defied their superiors by engaging in fascinating subversive behaviours. 'Curing queers' makes a significant and substantial contribution to the history of nursing and the history of sexuality, bringing together two sub-disciplines that combine only infrequently. It will be of interest to general readers as well as scholars and students in nursing, history, gender studies, and health care ethics and law.

The Rape of Nanking Iris Chang,2014-03-11 The New York Times bestselling account of one of history's most brutal—and forgotten—massacres, when the Japanese army destroyed China's capital city on the eve of World War II, piecing together the abundant eyewitness reports into an undeniable tapestry of horror. (Adam Hochschild, Salon) In December 1937, one of the most horrific atrocities in the long annals of wartime barbarity occurred. The Japanese army swept into the ancient city of

Nanking (what was then the capital of China), and within weeks, more than 300,000 Chinese civilians and soldiers were systematically raped, tortured, and murdered. In this seminal work, Iris Chang, whose own grandparents barely escaped the massacre, tells this history from three perspectives: that of the Japanese soldiers, that of the Chinese, and that of a group of Westerners who refused to abandon the city and created a safety zone, which saved almost 300,000 Chinese. Drawing on extensive interviews with survivors and documents brought to light for the first time, Iris Chang's classic book is the definitive history of this horrifying episode.

The Confident Mother Sherry Bevan, 2015-09-10 Want to know the secrets of The Confident Mother? More than 20 inspirational mothers and parenting experts share their innermost secrets on what it takes to be a confident mother: Dame Sarah Storey successfully educated the GB cycling team management to allow her to combine full-time competition with motherhood. Toni Brodelle of the Pay It Forward Foundation encourages us to nurture our own emotional well-being and asks whose love you craved as a child. Elaine Halligan and Melissa Hood of The Parent Practice show us how to raise our children's self-esteem. This book shows you that good enough really is good enough. You don't need to be the perfect mother; simply focus on what's most important to you to be The Confident Mother. 10% of the profits from this book will be donated to a local breastfeeding group.

The Happy Heretic Leo Booth,2012-12-03 Religion can be source of comfort when facing struggles both personal and universal. But clinging to religion as a codependent fix for all problems can cultivate excessive fear, shame, guilt and low self-esteem. Acclaimed author Reverend Leo Booth, a Unity minister and former Episcopal priest, warns that a belief in tenets like Everything happens for a reason and This is in God's hands can be the first step in developing religious codependency. Rev. Leo turns traditional thinking and spirituality upside down by suggesting that many toxic messages

emanate from core religious beliefs. In The Happy Heretic, he challenges beliefs like original sin; a dogmatic, one-way path to God; the shaming of human sexuality, religious codependency; and the exclusiveness of lesus' perfection within the human race. The arguments he presents are derived from Pelagius, a fourth-century monk who challenged the teachings of St. Augustine; and Rumi, a revolutionary thirteenth-century poet and philosopher. In his confessions, St. Augustine's states, It is only by Your grace and mercy that You have melted away the ice of my evil. Pelagius felt this idea lacked balance. It affirmed only God's role and didn't speak to our involvement. Likewise, Rumi believed that God's spirit exists within all human beings and enables divine creativity in life. The theology, philosophy, and recited prayers we learned through organized religion often emphasize the idea that we are sinful people who are dependent upon a powerful and punishing God. The Happy Heretic provides an escape from this shadow by encouraging readers to enter into a partnership with God, affirming personal dignity alongside responsibility; in other words, free will and the choices we make determine much of the success or failure we encounter. Real-life examples of the core issues surrounding religious codependency, along with Seven Spiritual Insights, help readers rethink their religious beliefs—including the prayers they grew up with—to form a deeper, more spiritual understanding of who they are and their connection with God. In this thought-provoking read, Reverend Leo calls himself a heretic, a person who is willing to think differently, and he invites readers to discover an alternative explanation for how we experience God's grace. The Happy Heretic explains this divine relationship in ways that make us feel alive, empowered, and still true to who we are. The Happy Heretic confronts toxic religious messages and brings a spiritual awareness that affirms human possibility and responsibility. . . . This book is not for the fainthearted -John Bradshaw, author of Homecoming

Environmental Indicators Robert H. Armon,Osmo Hänninen,2015-01-05 Environmental indicators are the first line of warning against hazards caused by humans or nature catastrophes to prevent diseases and death of living organisms. The present book covers a large variety of environmental indicators from physical-chemistry through economical, bioinformatics, electromagnetic irradiation and health aspects, all dealing with environmental pollution. This volume has been intended to environmentalists, engineers, scientists and policy makers as well to anybody interested in the latest development in the indicator field.

The Lucky One Jenni S. Jessen, 2016 Jenni masterfully weaves steadfast truths into a story that shakes our world view, our theology and our ideas of what a human can bear. - Hettie Brittz, motivational speaker and author, Fearless. Free. and (un)Natural Mom Whether you read this book to try to understand some of the darkness of sex trafficking, or to find healing for your own wounds, you will not be disappointed. - Adele Booysen, D.Min. The Lucky One is a disturbing and riveting entry into the world of sexual abuse, human trafficking, evil, and redemption. Your heart will be sensitized to a great evil, but far more you too will be invited to taste the goodness of God in the land of the living. -Dan B. Allender, Ph.D.; Professor of Counseling Psychology, Founding President; The Seattle School of Theology and Psychology This book is heartbreaking. Not in the pain that it describes -which is horrific - but in the beauty that it calls out to in the midst of the pain. - Christa Foster Crawford, Anti-Trafficking Consultant, Trafficking Resource Connection, Adjunct Assistant Professor of Children at Risk, Fuller Theological Seminary, School of Intercultural Studies She was only four years old when she was sold into the sex trade. White picket fences and steepled churches all guarded secrets that were not ever supposed to be told. In kindergarten, she began praying every night that lesus would let her die. In second grade, she sat in church on a Sunday morning swinging her feet from a wooden

pew behind the man who had paid to rape her the night before. Her perpetrators were from all walks of life. An engineer, a police officer, a bait shop owner, business men, farmers, younger men and old; different men all feeding the same lust. The only thing that they had in common was their brutal love for little girls. She shouldn't have survived it. If God had answered her prayers, she wouldn't have. Here is the true account of how she was brought out of captivity and into a life of freedom.

The One and the Many W. Norris Clarke, S.J.,2015-11-30 When it is taught today, metaphysics is often presented as a fragmented view of philosophy that ignores the fundamental issues of its classical precedents. Eschewing these postmodern approaches, W. Norris Clarke finds an integrated vision of reality in the wisdom of Aquinas and here offers a contemporary version of systematic metaphysics in the Thomistic tradition. The One and the Many presents metaphysics as an integrated whole which draws on Aquinas' themes, structure, and insight without attempting to summarize his work. Although its primary inspiration is the philosophy of St. Thomas himself, it also takes into account significant contributions not only of later philosophers but also of those developments in modern science that have philosophical bearing, from the Big Bang to evolution.

Speaker Classification I Christian Müller,2007-08-28 This volume and its companion volume LNAI 4441 constitute a state-of-the-art survey in the field of speaker classification. Together they address such intriguing issues as how speaker characteristics are manifested in voice and speaking behavior. The nineteen contributions in this volume are organized into topical sections covering fundamentals, characteristics, applications, methods, and evaluation.

<u>The Silver Sword</u> Angela Elwell Hunt,2009-09-22 The auburned-haired O'Connor women share a bond far deeper than their striking physical appearance: These courageous, high-spirited women all push against societal limits in this exciting historical, romantic novel that spans generations and

countries. It is said that as Cahira, daughter of the great Irish king Rory O'Connor, lay dying of a wound from a Norman blade, she beseeched God that others would follow her calling. To Kathleen O'Connor, Cahira's story was nothing more than a fable--until research divulged that the tale was true. As a stunned Kathleen realizes that she herself bears the mark of Cahira, she wonders if she is destined to continue the legacy. To uncover the answers, Kathleen delves into the past to find the truth about the Heirs of Cahira O'Connor. It is a journey that carries her across generations, from the battlefields of 13th-century Ireland to the castles of 15th-century Prague, and through a past filled with peril, courage, vengeance, love, and sacrifice beyond anything she has ever known.

Cured Nathalia Holt,2015-02-24 "Nathalia Holt presents a thorough account of the research that provides scientists with hope that a cure will one day be achievable... and her empathy shines through in her prose. This is as important a social history as it is a medical document."—The Daily Beast Two patients—each known in medical history as the Berlin Patient—were cured of the HIV virus. The two patients' disparate cures came twelve years apart, but Nathalia Holt, an award-winning scientist at the forefront of HIV research, connects the molecular dots of these cases for the first time. Scientists are known to maintain a professional distance from those they study, but sometimes scientists are not just investigators, they are caregivers, too. Cured illustrates that even in the era of high-tech and big pharma, the way doctors and patients communicate remains a critical ingredient in the advance of this science. Holt offers a kind of hope that the thirty-four million people currently infected with HIV need and a story of ingenuity, dedication, and humanity that will inspire the rest of us.

Derivation and Martingales Charles A. Hayes, C.Y. Pauc, 2012-12-06 In Part I of this report the pointwise derivation of scalar set functions is investigated, first along the lines of R. DE POSSEL

(abstract derivation basis) and A. P. MORSE (blankets); later certain concrete situations (e. g. , the interval basis) are studied. The principal tool is a Vitali property, whose precise form depends on the derivation property studied. The halo (defined at the beginning of Part I, Ch. IV) properties can serve to establish a Vitali property, or sometimes produce directly a derivation property. The main results established are the theorem of JESSEN-MARCINKIEWICZ-ZYGMUND (Part I, Ch. V) and the theorem of A. P. MORSE on the universal derivability of star blankets (Ch. VI) . . . In Part II, points are at first discarded; the setting is somatic. It opens by treating an increasing stochastic basis with directed index sets (Th. I. 3) on which premartingales, semimartingales and martingales are defined. Convergence theorems, due largely to K. KRICKEBERG, are obtained using various types of convergence: stochastic, in the mean, in Lp-spaces, in ORLICZ spaces, and according to the order relation. We may mention in particular Th. II. 4. 7 on the stochastic convergence of a submartingale of bounded variation. To each theorem for martingales and semi-martingales there corresponds a theorem in the atomic case in the theory of cell (abstract interval) functions. The derivates concerned are global. Finally, in Ch.

Gut Reactions Justin Sonnenburg, Erica Sonnenburg, 2017-01-12 The link between our biomes, gut bacteria and our overall health is the final frontier of medicine that we must now embrace if we are ever to advance as a profession ... This book comes at the perfect time! Dr Christian Jessen, presenter of 'Embarrassing Bodies' and 'Supersize vs. Superskinny' From your weight, to how you age, to allergies and diseases - your gut controls it all. In Gut Reactions, leading scientists Justin and Erica Sonnenberg explain how we've neglected this vital organ for far too long. As well as the consequences you might expect - a dramatic rise in food intolerances and inflammatory bowel diseases - are a whole host of other concerns, such as an increase in cancer, asthma, autism and

diabetes. We now have only 1,200 species of microbes living in our gut. We used to have many more. Why are these species becoming extinct? And how do we prevent it? With recipes and meal plans, as well as guidance on alternatives to antibiotics and lifestyle choices, Gut Reactions will help you to interpret, understand and incorporate these new radical findings into your diet and lifestyle and will help you on your journey to a healthier gut. PREVIOUSLY PUBLISHED AS THE GOOD GUT

Christian Jessen Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **Christian Jessen**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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