

Dr Christian Jessen

Richard A. Cohen

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!

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 becoming 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 You 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.

Supersize Vs Superskinny 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.

Dr Christian's Guide to Growing Up Online (Hashtag: Awkward) 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.

'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.

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.

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.

College Prep Genius Workbook Jean Burk,2006-01-01

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.

Alfie's Home Richard A. Cohen,1993-01-01 A boy who does not get the attention he needs from his father, and who has been abused by his uncle, believes he may be gay until he talks to a counselor

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 Booyesen, 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 Jesus 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.

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

Talking to Strangers Malcolm Gladwell, 2019-09-10 Malcolm Gladwell, host of the podcast Revisionist History and author of the #1 New York Times bestseller Outliers, offers a powerful examination of our interactions with strangers and why they often go wrong—now with a new afterword by the author. A Best Book of the Year: The Financial Times, Bloomberg, Chicago Tribune, and Detroit Free Press How did Fidel Castro fool the CIA for a generation? Why did Neville Chamberlain think he could trust Adolf Hitler? Why are campus sexual assaults on the rise? Do television sitcoms teach us something about the way we relate to one another that isn't true? Talking to Strangers is a classically Gladwellian intellectual adventure, a challenging and controversial excursion through history, psychology, and scandals taken straight from the news. He revisits the deceptions of Bernie Madoff, the trial of Amanda Knox, the suicide of Sylvia Plath, the Jerry Sandusky pedophilia scandal at Penn State University, and the death of Sandra Bland—throwing our understanding of these and other stories into doubt. Something is very wrong, Gladwell argues, with the tools and strategies we use to make sense of people we don't know. And because we don't know how to talk to strangers, we are inviting conflict and misunderstanding in ways that have a profound effect on our lives and our world. In his first book since his #1 bestseller David and Goliath, Malcolm Gladwell has written a gripping guidebook for troubled times.

Big Questions from Little People Gemma Elwin Harris, 2017-05-04 Why is the sea salty? How far away is space? Why can't I tickle myself? Why can't we live forever? Children ask the most interesting and challenging questions. But how are we supposed to answer them...? At last! Expert answers to those big questions children ask, with help from: Sir David Attenborough Heston Blumenthal Kate Humble Alain de Botton Philip Pullman Dr Richard Dawkins Bear Grylls Dame Jacqueline Wilson Jarvis Cocker Dame Kelly Holmes Noam Chomsky Jessica Ennis Derren Brown Miranda Hart Tracey Emin Harry Hill A C Grayling Dr Christian Jessen and many more!

YOUTH Daniel C. Jessen, 2016-08-26 Adolescence is a time during which children have the opportunity to grow into adulthood. In the Western world, responsible adulthood implies becoming independent. In the rest of the world, responsible adulthood implies becoming interdependent. In either case, the Christian family and community have the opportunity and duty to guide adolescents into Christian womanhood and manhood, often assisted by youthworkers. Both Biblical and cultural paths are explored as strategies for guiding adolescents in culturally-appropriate youth ministry practices. The Rev. Daniel C. Jessen (B.A., M.A., M.Div., Ed. D.) is a semi-retired American missionary serving with Ripe for Harvest World Outreach. For sixteen years, he was a professor of

family and youth ministry at Gordon-Conwell Theological Seminary (Hamilton, MA, Boston, MA and Charlotte, NC). Other academic experience includes professorial roles at Northern Illinois University and Wheaton College Graduate School, as well as seminary-level lecturing in Armenia, Canada, Mexico, the Netherlands, Nigeria, the Philippines and Singapore. Prior to his academic career, Dr. Jessen was active in youth ministry for thirteen years as a writer, editor and curriculum specialist with Christian Service Brigade (USA.). Dr. Dan, as he is often called, has seen youth ministry around the world as he and his wife, Nancy, have ministered globally in forty-one countries on six continents. Additionally, he has experienced American-style youth ministry at close range from the perspectives of leader, Bible teacher, camp director, discipler, writer/editor, leadership trainer, parent and grandparent.

What Does Consent Really Mean? Pete Wallis, Joseph Wilkins, Thalia Wallis, 2017-11-21 Consent is not the absence of 'NO', it is an enthusiastic YES!! While seemingly straightforward, Tia and Bryony hadn't considered this subject too seriously until it comes up in conversation with their friends and they realise just how important it is. Following the sexual assault of a classmate, a group of teenage girls find themselves discussing the term consent, what it actually means for them in their current relationships, and how they act and make decisions with peer influence. Joined by their male friends who offer another perspective, this rich graphic novel uncovers the need for more informed conversations with young people around consent and healthy relationships. Accompanying the graphics are sexual health resources for students and teachers, which make this a perfect tool for broaching the subject with teens.

The Confident Mother Sherry Bevan, 2015-09-17 A book for mothers everywhere, this collection of interviews with a wide range of parents and practitioners reveals the secrets of being a 'good enough mother': Sherry wants mothers to feel confident and to trust their innate instincts, so often drowned out by culture and society.

Fake Medicine Brad McKay, 2021 We all want to be healthy, live longer and avoid cancer, but too many of us are being scammed by sciencey-sounding crooks and nonsense marketing. Dr Brad McKay, GP and experienced Australian science communicator, has watched how misinformation and 'alternative facts' have come to permeate every facet of our lives, causing many of us to turn away from academic expertise and instead look to social media influencers and dodgy websites to guide our health choices. Fake Medicine looks at the danger of Wellness Warriors, conspiracy theories and vaccine deniers, supplements and fad diets, alternative practitioners and the power of positive thinking, and interrogates the marketing that leads consumers toward dubious products and practices. In the wash of celebrity influencers and miracle cures, this is the essential book to debunk the faux-science and scam marketing of the modern health landscape.

China and the EU in Context Kerry Brown, 2014-04-23 Brings together the research of world-class commentators on China from across Europe to explore the policy aspects of the China-EU relationship. Aimed at practitioners, this book shows how to relate to China practically and understand its complexities for business purposes, including investment, social unrest, and China's five-year program.

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