



Barefoot S Youtube

Chyun Oh



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Crash Course in Library Services for Seniors Ann Roberts, Stephanie G. Bauman, 2012-05-31 A comprehensive guide to creating dynamic successful and innovative library programs that cater to the specialized needs of older adults an important and growing user group Crash Course in Library Services for Seniors provides a refreshingly positive approach to working with older adults one that focuses on the positive effects of aging on patrons and the many opportunities that libraries can create for themselves by offering top notch services delivered with a concierge mindset The book offers page after page of great programming ideas specifically for reaching out to Baby Boomers and older customers a population that is predicted to double over the next 20 years Organized in only six chapters this easy to read book provides practical suggestions for making any library a welcoming place for older adults covering topics such as assessment planning programming services marketing and evaluation This title will be invaluable to public librarians interested in expanding and improving their current programming for older adults within their community and for those looking to create entirely new programming for seniors

The Barefoot Disciple Yoël Frank, 2022-10-19 This book will make you more like a disciple and less like a consumer with your money Spending saving giving investing it s a practical playbook with ten easy to follow steps to develop five lifelong habits You ll learn how and why to LIVE SIMPLY so others can simply live while creating the financial margin you need GIVE HABITUALLY to break the grip of greed on your heart SPEND MISSIONALLY because less isn t always best once you re living simply INVEST IMPACTFULLY in ventures with a holy trinity of social spiritual and financial returns STEWARD WISELY to become a savvy servant with your living giving and investing *Magic in the Sky* Flora McDonald, 2019-09-19 There is no available information at this time Author will provide once available

The Healthy Golfer Philip Maffetone, 2015-08-04 Reach your full potential on the golf course by improving your mental and physical strengths All golfers want to improve their swing and as a result lower their score But often despite numerous golf instruction videos lessons with pros and time on the range they are still far away from reaching their goals Maybe that is because golfers are thinking about the process of improvement incorrectly Maybe achieving a repeatable swing and staying calm under pressure is not all about time on the range or on the course but the manner in which you care for your body and mind as that is the foundation of a great golf game The goal of The Healthy Golfer is to provide you with information that will help engage all of your senses on the course so you can enjoy the game as much as possible for your entire life Starting with your feet and concluding with a discussion of brain function you will learn not only how to play better physically but to excel at the game from a mental standpoint Topics covered in The Healthy Golfer include How the feet are the foundation for the swing Correcting muscle imbalances and not by stretching Improving mental focus on the course And many more By focusing on critical aspects of human performance such as diet stress muscle imbalance the brain and injuries which are usually neglected areas of concern The Healthy Golfer will teach you that it is impossible to reach your full potential on the course if

you are not healthy in both body and mind Skyhorse Publishing as well as our Sports Publishing imprint is proud to publish a broad range of books for readers interested in sports books about baseball pro football college football pro and college basketball hockey or soccer we have a book about your sport or your team In addition to books on popular team sports we also publish books for a wide variety of athletes and sports enthusiasts including books on running cycling horseback riding swimming tennis martial arts golf camping hiking aviation boating and so much more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to publishing books on subjects that are sometimes overlooked by other publishers and to authors whose work might not otherwise find a home **Happiness,**

Well-being and Sustainability Laura Musikanski,Rhonda Phillips,James Bradbury,John de Graaf,Clinton Bliss,2020-05-28 Happiness Well being and Sustainability A Course in Systems Change is the first textbook bridging the gap between personal happiness and sustainable social change The book provides a guide for students to increase their skills literacy and knowledge about connections between a sense of well being and systems change Further it can help students live a life that brings them happiness and contributes to the well being of others and the sustainability of our planet The book is presented in seven chapters covering the subjects of systems thinking personal and societal values measuring happiness human needs ecological sustainability and public policy In addition each section includes engaging exercises to empower students to develop their own ideas prompts for group discussion suggestions for additional research and an extensive list of resources and references The book is written in the context of systems thinking with a style that is approachable and accessible Happiness Well being and Sustainability provides essential reading for students in courses on happiness social change and sustainability studies and provides a comprehensive framework for instructors looking to initiate courses in this field A website to support the professors teaching the book is available at <https://www.happycounts.org/coursebook.html> The Open Access version of this book available at <http://www.taylorfrancis.com> has been made available under a Creative Commons Attribution Non Commercial No Derivatives CC BY NC ND 4.0 license **Buck Up: The Real Bloke's Guide to Getting**

Healthy and Living Longer Buck Shelford,2012-09-26 All Black legend Buck Shelford was the epitome of brute strength determination and athletic prowess It was a shock to New Zealand sports fans then when he was diagnosed with lymphatic cancer in 2005 which he subsequently overcame with treatment More recently after a public battle with his weight Buck successfully shed over 25 kilos Accessible and user friendly Buck Up draws on Buck's personal experience with health issues but goes far beyond along with highly regarded sports scientist Dr Grant Schofield Buck offers a wide array of information and realistic tips to improve the quality of life for Kiwi males and their loved ones A book full of big ideas and practical advice as well as a good dose of blokey humour Buck Up promises to positively alter awareness of and approaches to men's health for both everyday males and practitioners *K-pop Dance* Chuyun Oh,2022-07-01 This book is about K pop dance and the evolution and presence of its dance fandom on social media Based on five years of ethnographic fieldwork interviews

choreography and participation observation with 40 amateur and professional K pop dancers in New York California and Seoul the book traces the evolution of K pop dance from the 1980s to the 2020s and explains its distinctive feature called gestural point choreography front driven two dimensional decorative and charming movements of the upper body and face as an example of what the author theorizes as social media dance It also explores K pop cover dance as a form of intercultural performance suggesting that by imitating and idolizing K pop dance fans are eventually fandoming themselves and their bodies Presenting an ethnographic study of K pop dance and its fandom this book will be a valuable resource for students and scholars of Media Studies Korean Studies Performance Studies and Dance *Teaching Computational Thinking and Coding in Primary Schools* David Morris,Gurmit Uppal,David Wells,2017-05-22 This is a guide to the teaching of computing and coding in primary schools and an exploration of how children develop their computational thinking It covers all areas of the National Curriculum for primary computing and offers insight into effective teaching The text considers three strands of computer science digital literacy and information technology The teaching of coding is especially challenging for primary teachers so it highlights learning on this giving practical examples of how this can be taught For all areas of the computing curriculum the text also provides guidance on planning age appropriate activities with step by step guides and details of educationally appropriate software and hardware This book helps you to connect what you need to teach with how it can be taught and opens up opportunities in the new curriculum for creative and imaginative teaching It also includes the full National Curriculum Programme of Study for Computing key stages 1 and 2 as a useful reference for trainee teachers

Bonus Time: Still Got It Claire Cook,2025-08-28 People think it s all about the big moments But it s the fun that you remember The friends The joy The unbridled bliss of doing silly things Of being alive Bonus Time Still Got It They ve still got it And they re figuring out what to do with it Even if you re lucky enough to move from Marshbury Massachusetts into adjoining townhouses on a gorgeous semi tropical island south of Savannah Georgia with your two oldest and dearest friends every single day of your bonus time might not turn out to be quite what you d imagined Glenda Harmony and Jan thought sharing a spot on their HOA Board as well as working as role players for FLETC the Federal Law Enforcement Training Center would fill their lives with intrigue and glamour Instead they re voting on mulch colors and pretending to grocery shop at Winn Dixie But the guy Glenda is lowkey almost dating might actually turn out to be a catch even though Chickpea her adorable chihuahua pitbull rescue isn t so sure about him And Jan is bound and determined to turn her front bedroom into a castle of creativity if only she can get a handyman to call her back Harmony s husband still hasn t headed south and their daughter is scheming to take over the house they re supposed to be selling up north They re old enough to know that life is a series of ups and downs and bumps and changes and shifts and tweaks and surprises and resets and reboots and reinventions It s never too late to try something new and friendship might be the most important thing of all Bonus Time Still Got It Book 2 of the Bonus Time series is filled with humor and heart and some hilarious shenanigans and a bit of badassery Plus lots of

twists and turns and fun strolls down memory lane as well some awesome hacks for rocking your own bonus time **The Other Little Black Book** Mel W, 2024-11-25 Online dating can be tough painful and soul destroying The good news is that it doesn't have to be that way If you want to improve your online dating efforts this little black book may be just what you need My advice to men on dating apps has always been simple In an online jungle where people judge a book by its cover do not waste valuable opportunities to put your best foot forward In 2022 366 million people worldwide used dating apps and sites Statistics show that over 70% are men In Australia over 3.2 million use dating apps 73.9% are men In a highly competitive arena men really need to improve their chances of getting a match It is critical for men on dating apps to put their best foot forward because people judge a book by its cover in an online jungle This book will take you from being a dating app benchwarmer to boosting your online presence Referred to as the Date Whisperer Mel W is gaining traction as an expert on online dating tips for men A Sydney based author writer podcaster former radio host of Online Dating Hacks and the founder of Mel W Co online dating support services Mel W offers information to build your online confidence This inspired her third book The OTHER Little Black Book Essentials for Men on Dating Apps As a single mother she continues to raise her two sons in Sydney Australia Mel contributes to Sydney based publications and websites and loves exploring creative ideas and topics Additionally Mel W serves on the board of Sydney's largest non-curated venue for visual and performing arts

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