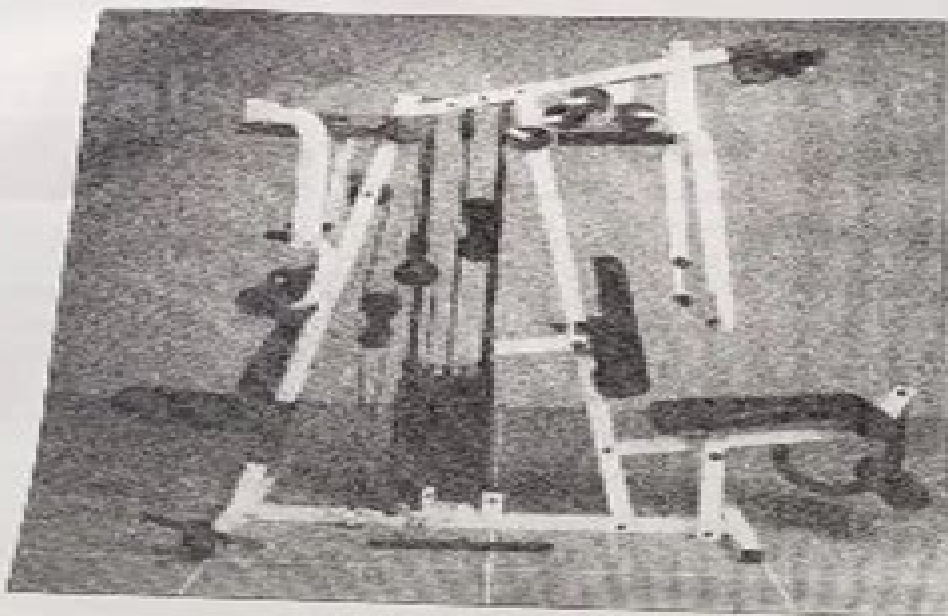


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A Caregiver's Guide to Communication Problems from Brain Injury or Disease Barbara O'Connor Wells, Connie K. Porcaro, 2022-02-22 An all in one guide for helping caregivers of individuals with brain injury or degenerative disease to address speech language voice memory and swallowing impairment and to distinguish these problem areas from healthy aging Advances in science mean that people are more likely to survive a stroke or live for many years after being diagnosed with a degenerative disease such as Parkinson's But the communication deficits that often accompany a brain injury or chronic neurologic condition including problems with speech language voice memory and or swallowing can severely impact quality of life If you are a caregiver coping with these challenges this all in one book can help you and your loved one Written by a team of experts in speech language pathology each chapter focuses on a different aspect of caregiving and features relatable patient examples Providing answers to common questions definitions of complex medical terms and lists of helpful resources this book also touches on expected age related changes in communication memory swallowing and hearing abilities to name a few offers practical strategies for caregivers to cope with speech language and voice problems and to maximize their loved one's ability to communicate reveals how caregivers can assist their loved ones with swallowing challenges to maintain good nutrition and hydration provides crucial information on how caregivers can handle grief and take care of themselves during the caregiving process explains how to incorporate the arts as well as a loved one's hobbies and interests into their communication or memory recovery This comprehensive book will allow readers to take a more informed and active role in their loved one's care Contributors Marissa Barrera Frederick DiCarlo Lea Kaploun Elizabeth Roberts Teresa Signorelli Pisano

Book of Ralston Life Ralston Health Club, 1902

Celebrity Circuits Ultimate Training Guide Sarah Swainsbury, 2022-04-11 The ultimate compilation of nutritional information training tips client success stories and workout programming that we have used on our clients over the past 7 years to achieve the amazing results that we have When we train clients we work with them in the following three ways 1 Physically we help them develop their strength flexibility coordination and endurance We help them increase their confidence in the gym and increase their fitness levels to a place they never thought was possible 2 Nutritionally we expand our clients knowledge of nutrition and healthy eating We recognise that all bodies are unique and

that everyone's metabolic makeup is different There is no one size fits all approach Our clients receive the best dietary support possible as they work towards their goals Most importantly we show our clients how to develop a healthy relationship with food that is sustainable in the long term no quick fixes over here 3 Mentally mindset is everything We help our clients to focus their thoughts heighten their self awareness and increase their self confidence so that they realise anything is possible and that nothing can hold them back

The Runner's World Big Book of Marathon and Half-Marathon Training Amby Burfoot,Bart Yasso,Pamela Nisevich Bede,Jennifer Van Allen,Editors of Runner's World Maga,2012-06-05 The first dedicated book on marathon and half marathon training from the renowned experts at Runner's World Runner's World Big Book of Marathon and Half Marathon Training gives readers the core essentials of marathon training nutrition injury prevention and more The editors of Runner's World know marathon training better than anyone on the planet They have spent the last few years inviting readers to share the long sweaty journey to the starting line putting themselves on call to personally answer readers questions 24 7 This book includes testimonials from real runners more than 25 training plans for every level and ability workouts a runner's dictionary and sample meal plans Runner's World Big Book of Marathon and Half Marathon Training is a powerful and winning resource the ultimate tool kit for anyone who wants to get from the starting line to the finish line

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