

Stories We Could Tell

The Transformative Self explores three of life's perennial questions: How do we make sense of our lives? What is a good life? How do we create one? In this comprehensive volume, developmental psychologist Jack J. Bauer responds to those three questions by integrating three main areas of study—narrative identity, the good life, and personal growth—to present an innovative model of humane flourishing and human development. The Transformative Self synthesizes an extensive range of scholarship, from scientific research in psychology to work in philosophy, literature, history, cultural studies, and more. The result is a cohesive framework for understanding how personal and cultural stories shape our development and how, through those stories, we might cultivate the growth of happiness, love, and wisdom for the self and others.

What is English as a school subject for? What does knowledge look like in English and what should be taught? Making Meaning in English examines the broader purpose and reasons for teaching English and explores what knowledge looks like in a subject concerned with judgement, interpretation and value. David Didau argues that the content of English is best explored through distinct disciplinary lenses – metaphor, story, argument, pattern, grammar and context – and considers the knowledge that needs to be explicitly taught so students can recognise, transfer, build and extend their knowledge of English. He discusses the principles and tools we can use to make decisions about what to teach and offers a curriculum framework that draws these strands together to allow students to make sense of the knowledge they encounter. If students are going to enjoy English as a subject and do well in it, they not only need to be knowledgeable, but understand how to use their knowledge to create meaning. This insightful text offers a practical way for teachers to construct a curriculum in which the mastery of English can be planned, taught and assessed.

How has the history of rock 'n' roll been told? Has it become formulaic? Or remained, like the music itself, open to outside influences? Who have been the genre's primary historians? What common frameworks or sets of assumptions have music history narratives shared? And, most importantly, what is the cost of failing to question such assumptions?? "Stories We Could Tell: Putting Words to American Popular Music" identifies eight typical strategies used when critics and historians write about American popular music, and subjects each to forensic analysis. This posthumous book is a unique work of cultural historiography that analyses, catalogues, and contextualizes music writing in order to afford the reader new perspectives on the field of cultural production, and offer new ways of thinking about, and writing about, popular music.

The combined effort of 19 feminist educators and theorists from four continents, this exciting collection of essays is designed to be as wide-ranging intellectually as it is geographically. Probing the abilities (and dis-abilities) of women in education from the mid-19th century to the present, it brings historical analysis, classroom research, and theoretical reflection to bear on gender issues in schooling and higher education. 'What about the boys?' cry alarmists who fear a feminist takeover in schools. 'What about them indeed?', say students of women's education who wonder if it is now time to engage more explicitly and directly with the politics of male advantage in education, as well as in economic, political, social and cultural life.

This is a book that integrates what is known from a wide variety of disciplines about the nature of storytelling and how it influences and transforms people's lives. Drawing on material from the humanities, sociology, anthropology, neurophysiology, media and communication studies, narrative inquiry, indigenous healing traditions, as well as education, counseling, and therapy, the book explores the ways that therapists operate as professional storytellers. In addition, our job is to hold and honor the stories of our clients, helping them to reshape them in more constructive ways. The book itself is written as a story, utilizing engaging prose, research, photographs, and powerful anecdotes to draw readers into the intriguing dynamics and processes involved in therapeutic storytelling. It sets the stage for what follows by discussing the ways that stories have influenced history, cultural development, and individual worldviews and then delves into the ways that everyday lives are impacted by the stories we hear, read, and view in popular media. The focus then moves to stories within the context of therapy, exploring how client stories are told, heard, and negotiated in sessions. Attention then moves to the ways that therapists can become more skilled and accomplished storytellers, regardless of their theoretical preferences and style.

A unique self-care strategy for therapists and helping professionals. Providing therapeutic help to someone who has suffered trauma puts the therapist at risk for vicarious traumatization. It can leave the therapist with symptoms of either an acute or a posttraumatic stress response. Therapists are story listeners. One of the primary benefits a therapist provides clients is a safe place to tell their stories and to express their pain, thus diminishing their burden. This often leaves the therapist sharing the burden and the pain. Ms. Collins and Ms. Laughlin have created a process of self-care that helps prevent and alleviate vicarious traumatization. Through the process of story-telling and hearing others' stories, therapists can be relieved of the trauma they have absorbed.

How are our memories, our narratives, and our intelligence interrelated? What can artificial intelligence and narratology say to each other? In this pathbreaking study by an expert on learning and computers, Roger C. Schank argues that artificial intelligence must be based on real human intelligence, which consists largely of applying old situations - and our narratives of them - to new situations in less than obvious ways. To design smart machines, Schank therefore investigated how people use narratives and stories, the nature and function of those narratives, and the connection of intelligence to both telling and listening. As Schank explains, "We need to tell someone else a story that describes our experiences because the process of creating the story also creates the memory structure that will contain the gist of the story for the rest of our lives. Talking is remembering." This first paperback edition includes an illuminating foreword by Gary Saul Morson.

The gripping and inspiring story of two extraordinary women--from their imprisonment by the Taliban to their rescue by U.S. Special Forces. When Dayna Curry and Heather Mercer arrived in Afghanistan, they had come to help bring a better life and a little hope to some of the poorest and most oppressed people in the world. Within a few months, their lives were thrown into chaos as they became pawns in historic international events. They were arrested by the ruling Taliban government for teaching about Christianity to the people with whom they worked. In the middle of their trial, the events of September 11, 2001, led to the international war on terrorism, with the Taliban a primary target. While many feared Curry and Mercer could not survive in the midst of war, Americans nonetheless prayed for their safe return, and in November their prayers were answered. In Prisoners of Hope, Dayna Curry and Heather Mercer tell the story of their work in Afghanistan, their love for the people they served, their arrest, trial, and imprisonment by the Taliban, and their rescue by U.S. Special Forces. The heart of the book will discuss how two middle-class American women decided to leave the comforts of home in exchange for the opportunity to serve the disadvantaged, and how their faith motivated them and sustained them through the events that followed. Their story is a magnificent narrative of ordinary women caught in extraordinary circumstances as a result of their commitment to serve the poorest and most oppressed women and children in the world. This book will be inspiring to those who seek a purpose greater than themselves.

What do men like to read? This latest title in the successful 100 Must-read series provides a rich crop of selected reads of eternal fascination to men everywhere. With 100 titles fully featured and over 500 recommended, there is something for everyone, from the macho to the sentimental, sex, drugs and rock and roll, old age, childhood, power, seduction, courage and adventure. Written by two experienced male booksellers and writers, the selection draws from a wide range of genres: crime, thrillers, cult classics, classics, biography and non-fiction. Deftly researched with the male audience in mind, this book is an enabling tool for extending your range of reading. A lengthy introduction examines mens attitudes to

reading, the differences between male and female reading tastes, the varying ways in which the sexes use/respond to language and how this is reflected in their choices of reading matter. Books featured include: *Crash* by J. G. Ballard, *Junkie* by William S. Burroughs, *American Psycho* by Bret Easton Ellis, *Steppenwolf* by Herman Hesse, *Master and Commander* by Patrick O'Brian, *The Book of Dave* by Will Self, *Touching the Void* by Joe Simpson and *Bonfire of the Vanities* by Tom Wolfe.

Change the story. Change your life. From imagined catastrophes to play-by-play interpretations of others' behavior, we are expert storytellers, quick to fill in the blanks. Unfortunately, all too often our behavior is determined by baseless suspicions, which trigger needless pain. Real life passes us by as we fall for powerful fantasies of our own creation. It doesn't have to be this way. In *The Stories We Tell Ourselves*, author and therapist Scott Gornito shows us how to break the cycle of false assumptions that lead to unnecessary anxiety. By taking control of our reactions to the people around us, we can learn how to be truly present in our lives as we nurture the relationships that matter most. Based on more than 20 years of research and experience, Gornito demonstrates how family narratives, media, and past experiences shape compelling story lines that blind us to reality and wreak havoc on our relationships. Through persuasive examples, he models fresh, life-enhancing approaches to engaging with friends, business associates, and loved ones alike. Don't waste your life making up stories. *The Stories We Tell Ourselves* is a wake-up call and a compassionate, accessible guide to transforming your relationships—and your life.

The two thought-provoking, extended essays that make up *Stories We Tell Ourselves* draw from the author's richly diverse experiences and history, taking the reader on a deeply pleasurable walk to several unexpectedly profound destinations. A steady accumulation of fascinating science, psychoanalytic theory, and cultural history—ranging as far and wide as neuro-ophthalmology, ancient dream interpretation, and the essential differences between Jung and Freud—is smoothly intermixed with vivid anecdotes, entertaining digressions, and a disarming willingness to risk everything in the course of a revealing personal narrative. "Dream Life" plumbs the depth of dreams—conceptually, biologically, and as the nursery of our most meaningful metaphors—as it considers dreams and dreaming every whichway: from the haruspicy of the Roman Empire to contemporary sleep and dream science, from the way birds dream to the way babies do, from our longing to tell them to the reasons we wish other people wouldn't. "Seeing Things" recounts a journey of mother and daughter—a Holmes-and-Watson pair intrepidly working their way through the mysteries of a disorder known as Alice in Wonderland Syndrome—even as it restlessly detours into the world beyond the looking glass of the unconscious itself. In essays that constantly offer layers of surprises and ever-deeper insights, the author turns a powerful lens on the relationships that make up a family, on expertise and unsatisfying diagnoses, on science and art and the pleasures of contemplation and inquiry—and on our fears, regrets, hopes, and (of course) dreams.

Broadcasting Happiness will "inspire you and change your life." —Parade Magazine We are all broadcasters. As managers, colleagues, parents and friends, we are constantly transmitting information to the people around us, and the messages we choose to broadcast create success or hold us back. What's your broadcast? New research from the fields of positive psychology and neuroscience shows that small shifts in the way we communicate can create big ripple effects on business and educational outcomes, including 31 percent higher productivity, 25 percent better performance ratings, 37 percent higher sales, and 23 percent lower levels of stress. In *Broadcasting Happiness*, Michelle Gielan, former national CBS News anchor turned positive psychology researcher, shows you how changing your broadcast changes your power by sharing jaw-dropping stories and incredible research. Learn Michelle's simple research-based communication habits that have been featured in her PBS program *Inspire Happiness* and Oprah's 21 Days to Happiness class. *Broadcasting Happiness* will help you: - Inoculate your brain against stress and negativity by fact-checking challenges - Drive success by leading a conversation or communication with positivity - Rewrite debilitating thought patterns and turn them into fuel for resilience and growth - Deal with negative people in a way that lessens their power - Share bad news more effectively to increase future social capital - Create and sustain a positive culture at work or home by creating contagious optimism - Help the people you care about most move from negative to positive in seconds *Broadcasting Happiness* showcases how real individuals and organizations have used these techniques to achieve results that include increasing revenues by hundreds of millions of dollars, raising a school district's graduation rate by 45 percent, and shifting family gatherings from toxic to thriving. Changing your broadcast can change your life, your success, and the lives of others around you. *Broadcasting Happiness* will show you how!

First-hand accounts of the ideological, moral, emotional and practical complexities that surround the doing of narrative research are offered in this volume. Exploring such issues as: whether work that risks exposing sensitive aspects of peoples' lives can ever be fully ethical; what effect being written about has on people; the line between narrative research and psychotherapy; and the after-effects of this research on the researcher, the contributions reveal the struggles and anxieties that narrative researchers face.

NOW AN OWL (Outstanding Work of Literature) Leadership Award Winner! Every great leader is a great storyteller. As a manager, CEO, or team leader, how can you innovatively engage your employees so that they understand where your organization came from, where it's going, and how you're going to get there? How can you connect with your customers in a way that makes them believe in your company as passionately as you do? Paul Smith is one of the world's leading experts in business storytelling. He teaches people how to be more effective leaders by communicating their company's important mission, inspiring creativity, and earning the trust of valued stakeholders. *The 10 Stories Great Leaders Tell* explores the journey behind success, and breaks down not just the importance of your company's story but how to craft compelling ones of your own.

This book explores the rich, diverse opportunities and challenges afforded by research that analyses the stories told by, for and about women. Bringing together feminist scholarship and narrative approaches, it draws on empirical material,

social theory and methodological insights to provide examples of feminist narrative studies that make explicit the links between theory and practice. Examining the story as told and using examples of narratives told about childhood sexual abuse, domestic/relationship abuse, motherhood, and seeking asylum, it raises wider issues regarding the role of storytelling for understanding and making sense of women's lives. This thought-provoking work will appeal to students and scholars of women's studies, feminist and narrative researchers, social policy and practice, sociology, and research methods.

Sometimes you can grow up in just one night.

Examines how current knowledge about the human brain and its interactions with the senses and the physical world can influence the practice of teaching.

Stories We Could Tell HarperCollins UK

A blend of practical insight and academic analysis concerning composing or "storying" our lives. With a bibliography on the narrative approach in the human sciences, and examples, this work should be a useful resource for anyone curious about the dynamics of continuity and change.

This is the true story behind the making of a television legend. There have been many books written about Star Trek, but never with the unprecedented access, insight and candor of authors Mark A. Altman and Edward Gross. Having covered the franchise for over three decades, they've assembled the ultimate guide to a television classic. The Fifty-Year Mission: Volume Two is an incisive, no-holds-barred oral history telling the story of post-Original Series Star Trek, told exclusively by the people who were there, in their own words—sharing the inside scoop they've never told before—unveiling the oftentimes shocking true story of the history of Star Trek and chronicling the trials, tribulations—and tribbles—that have remained deeply buried secrets... until now. The Fifty-Year Mission: Volume Two includes the voices of hundreds television and film executives, programmers, writers, creators, and cast, who span from the beloved The Next Generation and subsequent films through its spin-offs: Deep Space Nine, Voyager, and Enterprise, as well J.J. Abrams' reimagined film series.

The author of *A Romantic Education* reflects on how memory and imagination play a role in autobiographical writing, recalling various times in her life that have impacted her career as a writer. Reprint.

This book was previously titled, *Be Excellent at Anything. The Way We're Working Isn't Working* is one of those rare books with the power to profoundly transform the way we work and live. Demand is exceeding our capacity. The ethic of "more, bigger, faster" exacts a series of silent but pernicious costs at work, undermining our energy, focus, creativity, and passion. Nearly 75 percent of employees around the world feel disengaged at work every day. *The Way We're Working Isn't Working* offers a groundbreaking approach to reenergizing our lives so we're both more satisfied and more productive—on the job and off. By integrating multidisciplinary findings from the science of high performance, Tony Schwartz, coauthor of the #1 bestselling *The Power of Full Engagement*, makes a persuasive case that we're neglecting the four core needs that energize great performance: sustainability (physical); security (emotional); self-expression (mental); and significance (spiritual). Rather than running like computers at high speeds for long periods, we're at our best when we pulse rhythmically between expending and regularly renewing energy across each of our four needs. Organizations undermine sustainable high performance by forever seeking to get more out of their people. Instead they should seek systematically to meet their four core needs so they're freed, fueled, and inspired to bring the best of themselves to work every day. Drawing on extensive work with an extra-ordinary range of organizations, among them Google, Ford, Sony, Ernst & Young, Shell, IBM, the Los Angeles Police Department, and the Cleveland Clinic, Schwartz creates a road map for a new way of working. At the individual level, he explains how we can build specific rituals into our daily schedules to balance intense effort with regular renewal; offset emotionally draining experiences with practices that fuel resilience; move between a narrow focus on urgent demands and more strategic, creative thinking; and balance a short-term focus on immediate results with a values-driven commitment to serving the greater good. At the organizational level, he outlines new policies, practices, and cultural messages that Schwartz's client companies have adopted. *The Way We're Working Isn't Working* offers individuals, leaders, and organizations a highly practical, proven set of strategies to better manage the relentlessly rising demands we all face in an increasingly complex world.

A book about growing up and being young, about sex and love and rock and roll, about the dreams of youth colliding head-on with the grown-up world.

3D Virtual Applications: Applications with Virtual Inhabited 3D Worlds deals with the use of virtual inhabited 3D spaces in different domains of society. (Other volumes deal with interaction, production methodology and space.) From focusing on virtual reality (a reality into which users and objects from the real world should be moved) we are increasingly focusing on augmented reality (i.e. on moving computers out into the reality of real users, objects and activities). This book deals with the use of virtual inhabited 3D spaces in both contexts. Based on the structuring of the application domains, this book looks at the use of VR and augmented reality in the following major application domains: - Production oriented applications - use of VR and augmented reality for control of complex production plants, for navigation support (ships, cars, aeroplanes) and for support of collaborative work processes - Communication support applications - virtual spaces are used for supporting communication in learning environments and for support of organisational communication. Also virtual spaces are used for supporting the navigation of people in public spaces, i.e. as maps, planning tools - Scientific applications - use of 3D models for medical research; use of dynamic models for representation of abstract concepts and ideas (data-mining applications); use of dynamic 3D models for simulating biological or social processes - Artistic and cultural applications - the construction of stages representing concepts and/or emotions

Throughout history we have told ourselves stories to try and make sense of our place in the universe. Richard Holloway takes us on a personal, scientific and philosophical journey to explore what he believes the answers to the biggest of questions are. He examines what we know about the universe into which we are propelled at birth and from which we are expelled at death, the stories we have told about where we come from, and the stories we tell to get through this muddling experience of life. Thought-provoking, revelatory, compassionate and playful, *Stories We Tell Ourselves* is a personal reckoning with life's mysteries by one of the most important and beloved thinkers of our time. Does anyone listen when we talk? Do we simply blend into the background? Let's change that now. Influence gives us the power to affect others and our world. Yes, we want to be heard, but what is more important than being heard? Getting others to take our advice and solutions, and apply them immediately. Few are born with influence. We must create our influence with others. But where do we start? If no one respects our opinions and ideas now, what can we do to establish our authority? We know it is possible. Others have influence. We can create our influence starting now. With ten unique strategies to choose from, we can change how the world reacts to us. Our voices will be heard. Our influence will create action. So instead of blending into the background, now we will feel the surge of excitement as others eagerly look forward to our ideas. We will be respected. We will make a difference. And we will accomplish more. Be somebody now.

Everyman - noun - an ordinary or typical human being. You don't have to be a pro to be rewarded by the game of curling. The *Everyman Curler* is told in a very relatable curler's voice. With humour and humility, Kujanpaa describes a unique blend of life events that shaped the way he experienced the game. You'll be introduced to memorable real-life characters, intense rivalries, and the lifelong quest to climb the competition ladder. The link between curling, animal tranquilizer, helicopters, and psychology is unexpected, but it's all here in this highly entertaining memoir. It'll make you smile.

From time to time we all tend to wonder what sort of "story" our life might comprise: what it means, where it is going, and whether it hangs

