
Ja Maar Omdenken Berthold Gunster

Ja-maar® omdenken in relaties

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Ja Maar Omdenken
Berthold Gunster

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business.itu.edu.my *guest*

DRAKE HAYNES

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Press Large Print

“If you feel like a hostage of your to-do list and struggle to find time for what matters most, this book will be a huge help.”

—Daniel H. Pink, #1 New York Times bestselling author of *When and Drive*
We’re all familiar with the signs that things are getting out of hand. The week has barely started and already you’re playing catch-up. At the end of another busy day,

your to-do list is longer than it was that morning, your inbox overflowing with other people’s asks. At times like those, no matter how hard we work, it can feel like we’re spinning our wheels. Enter GRIP: The Art of Working Smart, by Dutch entrepreneur and bestselling author Rick Pastoor. GRIP is a fresh and forgiving guide that helps you get things done and free up time for what’s important to you. In the space of one year, Rick went from being a 25-year-old engineering hire to leading a team of 30 at Blendle, the New York Times-backed journalism startup. It was clear he needed a new way of

working. And fast. So, Rick started experimenting. He’d keep what worked, ditch what didn’t, and share with coworkers what he learned along the way. The result is GRIP: a flexible collection of tools and insights that helped the team do their best work. Now it can do the same for you. An overnight sensation in Holland, this bestseller has helped thousands find clarity amid the chaos of our demanding times. Now available in English, for everyone who’s looking to reclaim their sanity and add direction to even the most hectic days and weeks. Rick’s friendly, no-nonsense approach makes it easy to dive

in. The book's pick-and-choose structure, complete with cheat sheets for each section, means you can start applying what you need straightaway. GRIP walks you through: Unlocking the power of everyday tools you're already using like a calendar, to-do list, and email Lowering the volume on distractions to find your focus And freeing up room to think big and grow So you can get started on making your dreams a reality.

Why the Dutch are Different Routledge

Dit boek gaat over het hoe van projectmanagement en hoe je als projectmanager met een proactieve houding ook in moeilijke situaties regie houdt. Hoe je een beïnvloeder wordt van de weg naar het resultaat, van je omgeving, van je team én van je eigen effectiviteit. Er wordt steeds meer verwacht van de projectmanager. Uitdagende doelstellingen, hoge druk op kosten en doorlooptijden, verschillende belangen van stakeholders en vele afhankelijkheden tussen deelprojecten zorgen voor een steeds grotere complexiteit. En dat in een omgeving waarin veranderingen en onzekerheden de standaard geworden zijn. Daarbij dient het

creatieve vermogen van de kenniswerker maximaal te worden benut, wat vraagt om minder hiërarchische organisatievormen en multidisciplinaire samenwerking. Het beschikken over projectmanagement-vaardigheden wordt hierdoor belangrijk op bijna alle niveaus in de organisatie. Door alle uitdagingen groeit de vraag naar allesomvattende methoden en maakt Agile een enorme opmars. Anderzijds is er juist in de toegenomen complexiteit behoefte aan eenvoud. Daarover gaat dit boek. Terug naar de kern, in staat zijn om de nuttige elementen uit verschillende methoden te combineren en aandacht geven aan het allerbelangrijkste: de mens achter de projectmanager! Wat je van dit boek kunt leren: Wat de basistechnieken zijn van de projectmanager, passend in zowel een Agile als in een traditionele omgeving Hoe je de vele beschikbare projectmanagement-methoden integreert in je eigen werkproces Hoe je met het juiste leiderschap en gedrag enorme winst kunt behalen in effectiviteit en efficiëntie door altijd de regie te nemen (de factor 10) Hoe je traditionele waterval geïntegreerde productontwikkeling combineert met Agile (software)

ontwikkeling Hoe je onzekerheden en veranderingen als vriend kunt gaan zien in plaats van als vijand Hoe je complexe projecten structureert tot een eenvoudig te organiseren programma van deelresultaten Hoe je vanaf het begin van het project al de werkelijke projectstatus meet op basis van de kritische parameters Hoe je de kaders scheidt om teams van kenniswerkers zelforganiserend en doelmatig te laten (samen)werken Hoe je met een verleidelijke hartslag voortgang, lerend vermogen, communicatie en doelgerichtheid creëert in elke situatie Hoe je ervoor zorgt dat de samenwerking met opdrachtgever en stakeholders een coproductie wordt, ongeacht de omstandigheden Hou je bij dit alles vooral je zelf kunt blijven Roel Wessels geeft als ervaren projectmanager, natuurkundige en muzikant focus aan het reduceren van complexiteit en het verbinden van mensen, methoden en denkwijzen. Maar heeft bovenal als doel het vak projectmanagement (weer) leuk te maken voor de projectmanager, de teamleden en de omgeving!

Goldilocks and the Water Bears Pan Macmillan

What will you learn from this book? This brain-friendly guide teaches you everything from JavaScript language fundamentals to advanced topics, including objects, functions, and the browser's document object model. You won't just be reading—you'll be playing games, solving puzzles, pondering mysteries, and interacting with JavaScript in ways you never imagined. And you'll write real code, lots of it, so you can start building your own web applications. Prepare to open your mind as you learn (and nail) key topics including: The inner details of JavaScript How JavaScript works with the browser The secrets of JavaScript types Using arrays The power of functions How to work with objects Making use of prototypes Understanding closures Writing and testing applications What's so special about this book? We think your time is too valuable to waste struggling with new concepts. Using the latest research in cognitive science and learning theory to craft a multi-sensory learning experience, *Head First JavaScript Programming* uses a visually rich format designed for the way your brain works, not a text-heavy approach that puts you to sleep. This book

replaces *Head First JavaScript*, which is now out of print. *The Garden of Evil Currency* Janet Gregory and Lisa Crispin pioneered the agile testing discipline with their previous work, *Agile Testing*. Now, in *More Agile Testing*, they reflect on all they've learned since. They address crucial emerging issues, share evolved agile practices, and cover key issues agile testers have asked to learn more about. Packed with new examples from real teams, this insightful guide offers detailed information about adapting agile testing for your environment; learning from experience and continually improving your test processes; scaling agile testing across teams; and overcoming the pitfalls of automated testing. You'll find brand-new coverage of agile testing for the enterprise, distributed teams, mobile/embedded systems, regulated environments, data warehouse/BI systems, and DevOps practices. You'll come away understanding • How to clarify testing activities within the team • Ways to collaborate with business experts to identify valuable features and deliver the right capabilities • How to design

automated tests for superior reliability and easier maintenance • How agile team members can improve and expand their testing skills • How to plan “just enough,” balancing small increments with larger feature sets and the entire system • How to use testing to identify and mitigate risks associated with your current agile processes and to prevent defects • How to address challenges within your product or organizational context • How to perform exploratory testing using “personas” and “tours” • Exploratory testing approaches that engage the whole team, using test charters with session- and thread-based techniques • How to bring new agile testers up to speed quickly—without overwhelming them Janet Gregory is founder of DragonFire Inc., an agile quality process consultancy and training firm. Her passion is helping teams build quality systems. For almost fifteen years, she has worked as a coach and tester, introducing agile practices into companies of all sizes and helping users and testers understand their agile roles. She is a frequent speaker at agile and testing software conferences, and is a major contributor to the agile testing community. Lisa Crispin, an

experienced agile testing practitioner and coach, regularly leads conference workshops on agile testing and contributes frequently to agile software publications. She enjoys collaborating as part of an awesome agile team to produce quality software. Since 1982, she has worked in a variety of roles on software teams, in a wide range of industries. She joined her first agile team in 2000 and continually learns from other teams and practitioners.

Huh ?! / druk 1 Macmillan

How to become an NLP practitioner? or supercharge your coaching skills with NLP One of the most popular methods for helping people achieve their life aspirations? Neuro-Linguistic Programming, or NLP, holds the key to remaking one's future. NLP encourages users to re-create the thought patterns common to those who excel, a process that helps gradually weed out negative or habitual thinking. Using the key elements of NLP? developing a coaching relationship, shedding light on patterns, managing emotional states, and shaping an agenda for change? this practical, inspiring guide offers the tools for helping your clients upgrade the quality of their personal or

professional lives. Reveals ten powerful coaching questions, ten traps to avoid in coaching, and ten ways to enhance your coaching skills Offers tips on laying the foundation for success and quick win sessions Insights on how to tap into passion and purpose? and making goals come alive Methods for coaching yourself or your team and coaching through conflict Other books by Burton: NLP For Dummies, NLP Workbook For Dummies, and Building Self-Confidence For Dummies Ideal for those working towards becoming an NLP practitioner or master coach, Coaching with NLP For Dummies is a guidebook to life transformation? for both client and practitioner.

Live More Think Less Philosophy & Religion "Star D'Apliaese is at a crossroads in her life after the sudden death of her beloved father--the elusive billionaire, affectionately called Pa Salt by his six daughters, all adopted from across the four corners of the world. He has left each of them a clue to her true heritage, and Star nervously decides to follow hers, which leads her to an antiquarian bookshop in London, and the start of a whole new world. A hundred years earlier,

headstrong and independent Flora MacNichol vows she will never marry. She is happy and secure in her home in England's picturesque Lake District--just a stone's throw away from the residence of her childhood idol, Beatrix Potter--when machinations lead her to London, and the home of one of Edwardian society's most notorious society hostesses, Alice Keppel"-Amazon.com.

The Passion-Driven Classroom MIT Press Shinrin = Forest Yoku = Bathing Shinrin-Yoku or forest bathing is the practice of spending time in the forest for better health, happiness and a sense of calm. A pillar of Japanese culture for decades, Shinrin-Yoku is a way to reconnect with nature, from walking mindfully in the woods, to a break in your local park, to walking barefoot on your lawn. Forest Medicine expert, Dr Qing Li's research has proven that spending time around trees (even filling your home with house plants and vaporising essential tree oils) can reduce blood pressure, lower stress, boost energy, boost immune system and even help you to lose weight. Along with his years of ground-breaking research, anecdotes on the life-changing power of

trees, Dr Li provides here the practical ways for you to try Shinrin-Yoku for yourself.

Huh?! Celadon Books

Joost and Pim, known as the Corporate Rebels, are on a mission to make work more fun. They quit frustrating corporate jobs to visit the world's most inspiring companies. Now, after visiting 100+ pioneering organisations and interviewing 1000+ academics, employees, and CEOs, they share eight lessons from the world's most progressive workplaces.

Safe As Houses John Wiley & Sons

A science writer and recreational runner explores the science behind popularly held beliefs about shoes, injuries, nutrition, "runner's high," and more. Conventional wisdom about running is passed down like folklore (and sometimes contradicts itself): the right kind of shoe prevents injury--or running barefoot, like our prehistoric ancestors, is best; eat a high-fat diet--and also carbo load before a race; running cures depression--but it might be addictive; running can save your life--although it can also destroy your knee cartilage. Often it's hard to know what to believe. In *Running Smart*, Mariska van

Sprundel, a science journalist and recreational runner who has had her fair share of injuries, sets out to explore the science behind such claims. In her quest, van Sprundel reviews the latest developments in sports science, consults with a variety of experts, and visits a sports lab to have her running technique analyzed. She learns, among other things, that according to evolutionary biology, humans are perfectly adapted to running long distances (even if our hunter-gatherer forebears suffered plenty of injuries); that running sets off a shockwave that spreads from foot to head, which may or may not be absorbed by cushioned shoes; and that a good sports bra controls the ping pong-like movements of a female runner's breasts. She explains how the body burns fuel, the best foods to eat before and after running, and what might cause "runner's high." More than fifty million Americans are runners (and a slight majority of them are women). This engaging and enlightening book will help both novice and seasoned runners run their smartest. Title Privacy and Data Protection based on the GDPR New Harbinger Publications
For a scientist committed to empirical

evaluation, it is important to show that materials can be helpful outside the context of a therapeutic relationship, so, generally speaking, we know that a book like this is likely to be helpful. Several of the specific components in this book have been tested, sometimes in a form very similar to the way you are contacting this material. For example, several studies evaluated the impact of short passages drawn nearly word for word from ACT materials (very similar to what you've read) that were recorded on audiotape, read aloud by a research assistant, or were presented to the participants to read. Typically, these studies focused on the ability of participants to tolerate distress of various kinds, such as gas-induced panic-like symptoms, extreme cold, extreme heat, or electric shock. A few studies looked at the distress produced by difficult or intrusive cognitions, or clinically relevant anxiety. Some were done with patients, others with normal populations. The specific ACT components that have been examined so far include defusion, acceptance, mind-fulness, and values. The techniques included exercises, metaphors, and rationales, including several that can

be found in this book (e.g., word repetition, physicalizing, leaves on a stream, the quicksand metaphor, the Chinese finger trap metaphor, and so forth). Thus, it seems fair to say that it is known that at least some of what you've read can be helpful at least some of the time outside of the context of a therapeutic relationship, when presented in a form similar to the form in which you have contacted this material.

But You Don't Look Autistic at All

Little, Brown

Is there really "a secret" that will unlock our happiness? If we wish for something very hard and express enough gratitude, will it actually become ours? Millions of people think so. But there is an even deeper truth than the "law of attraction" covered in the best-selling *The Secret*: there are TWELVE laws of creation. This passionately persuasive book explains exactly what these twelve laws are, how we can harness them, and how we can use our own powerful system of creation to create miracles of joy and fulfillment every day. Annemarie Postma proves to be a true healer of our inner anguish who can provide us with the tools and skills to

awaken our precious life force.

Grip Springer

The Garden of Evil is the sixth in the Nic Costa series, David Hewson's detective novels of love and death in the Eternal City. The picture possessed a frightful beauty, one which burned so brightly that, once witnessed, could never be unseen Even the presence of two corpses, one clearly murdered, the other dead through strange and suspicious circumstances, did nothing to distract their attention from the canvas In a hidden studio in an area of Rome where the Vatican liked to keep an eye on the city's prostitutes, an art expert from the Louvre is found dead in front of one of the most beautiful paintings that Nic Costa has ever seen – an unknown Caravaggio masterpiece. But before long tragedy will strike Nic far closer to home. The main suspect's identity is known, but he remains untouchable – protected in his grand palazzo by a fleet of lawyers and a sinister cult known as the Ekstasists. If Costa and his team can crack the reasons for the cult's existence, he may well stand a chance of nailing the double-killer. But the mystery will take him right back to Caravaggio himself and the reasons he

had to flee Rome all those centuries before . . .

Shinrin-Yoku A.W. Bruna LeV.

In *Addicted to Love*, Jan Geurtz clearly demonstrates how our search for love and approval stems from a fundamental self-rejection. We try to compensate for this by seeking other people's appreciation. But this is counterproductive: it actually makes us more insecure and therefore increasingly dependent. This creates an addiction to love, approval and the security of a relationship. As a result, most romantic relationships eventually fail, or – perhaps even worse – are reduced to dreary co-existence with little room for growth and happiness. With humour and practical examples, Jan Geurtz shows a way out of this vicious circle. Once we have let go of self-rejection, we find that our painful emotions, and also our sexual desires, are the gateway to a state of being that is completely free of restriction and dependence, and is filled with love and clarity – with or without a relationship. Jan Geurtz has written several books on addictions, including the bestseller *Quit Smoking in One Day*. He studied remedial pedagogy, education sciences and

philosophy of science, and is inspired by Buddhism.

Counterpoint Penguin

"This volume, the result of four years of work performed by the combined research groups of Utrecht University (Faculty of Humanities) and the HU Utrecht University of Applied Sciences (Faculty of Education), focuses on the central theme of 'Normative Professionalization'. Drawing on a wide variety of scholars including Hannah Arendt, Gert Biesta, Harry Kunneman, Donald Schön and Chris Argyris, and engaging with professionalism, ethics, virtue and morality, this book builds the argument that learning to deal with complexity supports not only education but the personal development of teachers and the improvement of society and democracy as well. This volume presents research on a broad range of topics such as worldview education, co-teaching, moral authorship, traditional-reform perspectives on education, the discourse on citizenship, teacher education, and the question how to link religion and education. The research chapters explain the theoretical lenses and methodological approaches

which have been employed to get a grip on complexity. The results have been interpreted in light of the concepts of horror complexitatis, amor complexitatis and dolor complexitatis. Guided by detailed research accounts of worldview descriptions provided by students and teachers, this framework has been enriched with the notion of a passio complexitatis. In the concluding chapters, the book advocates for an improved balance between the normative and instrumental professionalization of teachers, in order to create space for the improvement of pedagogical relations and processes and to reintroduce the moral dimensions of education. The claim throughout this book is that allowing for complexity in education – even going so far as to embrace it – is vital for the improvement of education, and a prerequisite for more authentic relationships (on the micro level) and the maintenance of a well-functioning democracy and a balanced society (on the macro level). This book is of interest to researchers and educators who are interested in normative professionalization, to qualitative and

practice oriented researchers, to teachers and managers in primary, secondary and professional education, and to the wider public which is concerned with the significance of education for the development of a stable and sustainable society."

Yes! Van Haren

A single mother stands in the garden of her isolated house, when suddenly a man appears. When he grabs at her, Lisa runs, but she is not quick enough. Suddenly Lisa and her young daughter find themselves held hostage in their own home. In the following hours and days, Lisa will do the unimaginable to protect her child - all the time wondering why the only witness has not come back to help her...

Corporate Rebels UWA Publishing

An Instant New York Times Bestseller!

Detective Sergeant Barbara Havers and Detective Inspector Thomas Lynley are back in the next Lynley novel from #1 New York Times bestselling author Elizabeth George. When a police detective is taken off life support after falling into a coma, only an autopsy reveals the murderous act that precipitated her death. She'd been working on a special task force

within North London's Nigerian community, and Acting Detective Superintendent Thomas Lynley is assigned to the case, which has far-reaching cultural associations that have nothing to do with life as he knows it. In his pursuit of a killer determined to remain hidden, he's assisted by Detective Sergeants Barbara Havers and Winston Nkata. They must sort through the lies and the secret lives of people whose superficial cooperation masks the damage they do to one another.

Head First JavaScript Programming Clipper Audio

"...A compulsively readable tour de force." —The Wall Street Journal New York Times Book Review recommends M.T.

Edvardsson's *A Nearly Normal Family* and lauds it as a "page-turner" that forces the reader to confront "the compromises we make with ourselves to be the people we believe our beloveds expect." (NYTimes Book Review Summer Reading Issue) M.T. Edvardsson's *A Nearly Normal Family* is a gripping legal thriller that forces the reader to consider: How far would you go to protect the ones you love? In this twisted narrative of love and murder, a

horrific crime makes a seemingly normal family question everything they thought they knew about their life—and one another. Eighteen-year-old Stella Sandell stands accused of the brutal murder of a man almost fifteen years her senior. She is an ordinary teenager from an upstanding local family. What reason could she have to know a shady businessman, let alone to kill him? Stella's father, a pastor, and mother, a criminal defense attorney, find their moral compasses tested as they defend their daughter, while struggling to understand why she is a suspect. Told in an unusual three-part structure, *A Nearly Normal Family* asks the questions: How well do you know your own children? How far would you go to protect them?

Ja-maar: omdenken Thorndike Press Large Print

Have you ever wondered what's going on in your child's mind? This engaging book shows how reflective parenting can help you understand your children, manage their behaviour and build your relationship and connection with them. It is filled with practical advice showing how recent developments in mentalization, attachment and neuroscience have

transformed our understanding of the parent-child relationship and can bring meaningful change to your own family relationships. Alistair Cooper and Sheila Redfern show you how to make a positive impact on your relationship with your child, starting from the development of the baby's first relationship with you as parents, to how you can be more reflective in relationships with toddlers, children and young people. Using everyday examples, the authors provide you with practical strategies to develop a more reflective style of parenting and how to use this approach in everyday interactions to help your child achieve their full potential in their development; cognitively, emotionally and behaviourally. *Reflective Parenting* is an informative and enriching read for parents, written to help parents form a better relationship with their children. It is also an essential resource for clinicians working with children, young people and families to support them in managing the dynamics of the child-parent relationship. This is a book that every parent needs to read.

Scaling Up ReadHowYouWant.com
'Highly recommended' Financial Times

Today we know of only a single planet that hosts life: the Earth. But across a Universe of at least 100 billion possibly habitable worlds, surely our planet isn't the only one that, like the porridge Goldilocks sought, is just right for life? Astrobiologists search the galaxy for conditions that are suitable for life to exist, focusing on similar worlds located at the perfect distance from their

Sun, within the aptly named 'Goldilocks Zone'. Such a place might have liquid water on its surface, and may therefore support a thriving biosphere. What might life look like on other worlds? It is possible to make best-guesses using facts rooted in science, and by studying 'extremophiles' – organisms such as the near-indestructible water bears, which can survive in the harshest conditions that Earth, and even

space, can offer. Goldilocks and the Water Bears is a tale of the origins and evolution of life, and the quest to find it on other planets, on moons, in other galaxies, and throughout the Universe.

The Deeper Secret Pearson Education Zelfhulpboek over de strategie van het omdenken: van denken in problemen naar denken in mogelijkheden.

Best Sellers - Books :

- [My First Library : Boxset Of 10 Board Books For Kids By Wonder House Books](#)
- [Demon Copperhead: A Pulitzer Prize Winner By Barbara Kingsolver](#)
- [The Courage To Be Free: Florida's Blueprint For America's Revival](#)
- [The Housemaid](#)
- [A Court Of Mist And Fury \(a Court Of Thorns And Roses, 2\) By Sarah J. Maas](#)
- [The Untethered Soul: The Journey Beyond Yourself By Michael A. Singer](#)
- [Fast Like A Girl: A Woman's Guide To Using The Healing Power Of Fasting To Burn Fat, Boost Energy, And Balance Hormones](#)
- [The Going To Bed Book](#)
- [Lessons In Chemistry: A Novel By Bonnie Garmus](#)
- [The 48 Laws Of Power](#)