

Dancing With The Tiger Learning Sustainability Step By Natural Step Pdf

... **Dancing** naked Hrdlitschka , Shelley ; Orca , 2001 \$ 8.95 paper [1-55143-210-2] CIP **Dancing** naked in front of the ... **tiger** : **Learning sustainability step** by natural **step** Natrass , Brian and Altomare , Mary ; New Society , 2002 \$ 42.95 ... Dancing with the Tiger 2002 Brian F. Natrass Sustainability consultants to Fortune 500 companies examine the real business impacts of the Natural Step framework.

Organizational Change for Corporate Sustainability 2014-05-09 Suzanne Benn Since this classic book was first published in 2003, sustainability has increasingly become mainstream business for leading corporations, whilst the topic itself has also been a hotly debated political issue across the globe. The sustainability phase models originally discussed in the book have become more relevant with ever more examples of organizations at later stages in the development of corporate sustainability. Bringing together global issues of ecological sustainability, strategic human resource management, organizational change, corporate social responsibility, leadership and community renewal, this new edition of the book further develops its unified approach to corporate sustainability and its plan of action to bring about corporate change. It integrates new research and brings illustrative case studies up to date to reflect how new approaches affect change and leadership. For the first time, a new positive model of a future sustainable world is included - strengthened by references to the global financial crisis, burgeoning world population numbers and the rise of China. With new case studies including BP's Gulf oil spill and Tokyo Electric Company's nuclear reactor disaster, this new edition will again be core reading for students and researchers of sustainability and business, organizational change and corporate social responsibility.

Management Education for Global Sustainability 2009-10-01 Charles Wankel For more than a century management education has fostered the development of leaders of many of the world's industrial successes with their immense creation of output that we now see as unsustainable. If we wish to avoid a time of tumultuous environmental crises in the global ecosystem management education must move more to being part of the solution, rather than of the problem. The task of transforming management education to contribute to the challenge of moving to global sustainability is upon us. Management Education for Global Sustainability provides a diverse and extensive set of perspectives on how management education can be transformed to be a significant part of the solution to the sustainability problem that business and other sectors of our world must grapple with. The spectrum of current integration of managing for sustainability into business school curricula is provided. A review of the current status sustainability oriented business degree options is completed. Approaches from around the world including China are offered. Management Education approaches through systems thinking, art, and stakeholder's theory are parsed. Specific examples of notable programs are covered, sustainable entrepreneurship for instance. A series of reports on program and institutional level initiatives that have been very successful are described. A new MBA program with a major in sustainability, integrating ocean science courses, is considered. Programs with action learning projects and industry concentrations as core elements will be analyzed. The sense of deeper purpose vibrancy and developing authentic relationships in management education for global sustainability is robust throughout this volume.

Living Above the Store 2009 Martin Melaver Not Merely Sustainable. Restorative. A viable business is a living thing, embedded in the complex web of economy, community, and ecology. Done right, business can help correct the modern stresses of environmental degradation and social fragmentation and create value for workers, shareholders, and additional stakeholders in the community. Living Above the Store explores a road less traveled, and chronicles how business can navigate a new path toward successful, restorative practices. Book jacket.

Sustainability Principles and Practice 2021-02-09 Margaret Robertson Sustainability Principles and Practice gives an accessible and comprehensive overview of the interdisciplinary field of sustainability. The focus is on furnishing solutions and equipping students with both conceptual understanding and technical skills. Each chapter explores one aspect of the field, first introducing concepts and presenting issues, then supplying tools for working toward solutions. Elements of sustainability are examined piece by piece, and coverage ranges over ecosystems, social equity, environmental justice, food, energy, product life cycles, cities, and more. Techniques for management and measurement as well as case studies from around the world are provided. The 3rd edition includes greater coverage of resilience and systems thinking, an update on the Anthropocene as a formal geological epoch, the latest research from the IPCC, and a greater focus on diversity and social equity, together with new details such as sustainable consumption, textiles recycling, microplastics, and net-zero concepts. The coverage in this edition has been expanded to include issues, solutions, and new case studies from around the world, including Europe, Asia, and the Global South. Chapters include further reading and discussion questions. The book is supported by a companion website with online links, annotated bibliography, glossary, white papers, and additional case studies, together with projects, research problems, and group activities, all of which focus on real-world problem-solving of sustainability issues. This textbook is designed to be used by undergraduate college and university students in sustainability degree programs and other programs in which sustainability is taught.

Leadership for Environmental Sustainability 2010-07-02 Benjamin W. Redekop As the first book in the field of leadership studies to approach sustainability as a multi-faceted leadership challenge, Leadership for Environmental Sustainability will help to set the terms of the discussion on this topic among students, scholars, and practitioners of leadership for years to come. It explores the connection between leadership and sustainability from a variety of disciplinary perspectives, including sociology, history, psychology, business, literature, communication, and the arts. With short chapters edited for readability, the book is aimed at scholars, practitioners, students, and educated lay readers interested in cutting-edge research and thinking on this topic.

The Business Guide to Sustainability 2009 Darcy E. Hitchcock First edition: Winner of Choice Magazine - Outstanding Academic Titles for 2007 Sustainability promises both reduced environmental impacts and real cash savings for any organization - be it a business, non-profit/NGO or government department. This easy-to-use manual has been written by top business consultants specifically to help managers, business owners, organizational leaders and aspiring environmental managers/sustainability coordinators to improve their organization's environmental, social and economic performance. The authors demystify 'sustainability', untangle the plethora of sustainability frameworks, tools and practices, and make it easy for the average person in any organization to move towards sustainability. Organized by sector (manufacturing, services and office operations, and government) and common organizational functions (senior management, facilities, human resources, purchasing, environmental affairs and compliance, marketing and public relations, and finance and accounting), the authors show how organizations can incorporate sustainability into their everyday work through the application of useful tools and self-assessments. This fully updated edition includes a new chapter on information and communication technology (ICT). The authors have also added many new facts, stories, practices and resources throughout the book to keep up with this rapidly emerging field and have updated their widely used SCORE sustainability assessment.

The International Handbook on Environmental Technology Management 2008-01-01 Dora Marinova This is an excellent textbook, suitable as a core text for environmental engineers and environmental scientists but equally it should, in my opinion, be compulsory reading for all researchers, practitioners, and policy-makers regardless of their discipline because it has relevance for all. In fact, the book is so lively and understandable that everyone and anyone could and should read it. . . . Clearly written by a team of recognised environmental authors drawn from around the world, it guides the reader through current thinking on the tools and techniques industry. . . . As an academic, it is a delight to find a book to recommend that I know students will enjoy and one which addresses so many different elements of a diversity of university courses, while covering the most important areas of environmental technology and management. I am certainly using it to enhance and update the content of some of my own lectures. Susan Haile, International Journal of Sustainable Engineering This substantial collection draws together a very wide variety of literatures and practices. . . . I would expect this book to be a popular purchase by academic libraries, principally as a core text. R&D Management This stunning Handbook is an excellent tool for environmental manager and environmental officer alike. It is brimful of ideas, case studies and methodologies which stimulate continuous improvement thinking and help train staff to implement sustainability and environmental management concepts. Highly recommended. Eagle Bulletin This important Handbook is the first comprehensive account that brings together recent developments in the three related fields of environmental technology, environmental management and technology management. With contributions from more than 55 outstanding authors representing ten countries and five continents, the reader is provided with a vast range of insightful perspectives on the latest industry and policy issues. With the aid of numerous case studies, leading experts reflect on significant changes in the use of technology and management practices witnessed in the last decade. Within this Handbook, the authors discuss, in detail: eco-modernization and technology transformation environmental technology management in business practices measuring environmental technology management case studies in new technologies for the environment environmental technology management and the future. The International Handbook on Environmental Technology Management has a broad audience including researchers, practitioners, policymakers and students in the fields of sustainability and environmental science.

Business and the Sustainability Challenge 2013-08-29 Peter N. Nemetz It is vitally important for businesses to have a holistic understanding of the many issues surrounding and shaping sustainability, from competitors to government and political factors, to economics and ecological science. This integrated textbook for MBA and senior-level undergraduates offers a comprehensive overview of the issues of sustainability as they relate to business and influence corporate strategy. It also features a wide range of cases and an extensive discussion of tools to incorporate sustainability issues into strategic decision making, helping instructors and students to build and then apply a solid understanding of sustainability in business.

Communicating Sustainability 2018-07-27 Margaret Robertson Communicating Sustainability is a book of evidence-based strategies for making sustainability vivid, accessible, and comprehensible. To do this, it brings together research from a range of specialties including cognitive psychology, visual perception, communication studies, environmental design, interpretive exhibit design, interpretive signage, wayfinding, storytelling, courtroom litigation, information graphics, and graphic design to illustrate not only what approaches are effective but why they work as they do. The topic of sustainability is vast and complex. It interconnects multiple dimensions of human culture and the biosphere and involves a myriad of systems and processes, many of which are too large, too small, too fast, or too slow to see. Many people find verbal explanations about all of this too abstract or too complicated to understand, and for most people the concepts of sustainability are regarded as quirky, peripheral, and not essential to everyday life. Yet the challenges of sustainability concern the very survival of most species of life on Earth, including the human species. In order for life as we know it to survive and thrive into the future, sustainability must become broadly understood-by everyone, not just activists or specialists. This book offers tools to help make complex systems and nuanced, abstract ideas concrete and comprehensible to the broadest range of people. The goal of communication, and of this book, is to build understanding.

Sustainable Operations Strategies 2014-08-13 Annachiara Longoni This book provides detailed guidance on how sustainability, in terms of the triple bottom line, can be developed in operations strategies via human resource management (HRM) and organizational practices such as teamwork, training and employee involvement. The impacts of HRM and organizational practices on environmental and social sustainability, trade-off optimization and the triple bottom line are carefully analyzed, with attention to aspects including organizational responsibility and worker commitment to sustainability. Valuable tips are offered on formulation and implementation of sustainable operations strategies and in addition the alignment of lean manufacturing and the triple bottom line is addressed in a dedicated section. The background to the book and the reason for its topicality, is the difficulty that companies are experiencing in defining and implementing effective sustainability programs that enhance environmental, social and economic sustainability and optimize possible trade-offs. Moreover, although the operations management literature has focused mainly on technical aspects, HRM and organizational practices may also be relevant in enhancing programs' effectiveness and directly impacting sustainability.

Evaluating Sustainable Development 2009-02-18 Peter S. Brandon Sustainable development has been characterised by an emphasis on environmental issues and an ad hoc approach to structuring the subject which hinders the development of knowledge in a systematic way. The built environment contributes significantly to the environment but is also one of the major factors in determining whether a community is sustainable in the longer term. A structure is required which aids definition, provides a common set of values, establishes measurement methods to define progress, and suggests a management system and decision protocol which enables practitioners to engage and use the resultant structures and information. This book provides a suggested structure in which all aspects of sustainable development can be included together with a set of evaluation techniques which can be used within the structure to provide assistance to decision making.

The Business Guide to Sustainability 2012-05-04 Darcy Hitchcock "The Business Guide to Sustainability is a practical introduction to implementing a comprehensive sustainability strategy in any organization. Written by top business consultants, this useful book can be applied in both large and small enterprises. This edition shifts away from a discussion of CSR to focus more squarely on sustainability. It explores strategies for implementing sustainability in each of the functional areas of the corporation (accounting, HR, operations, etc.), while providing examples from a range of sectors, including manufacturing, services, and government. The book also includes the authors' S-CORE assessment tool to help organizations determine whether they are on the right track, identify new opportunities, and assign accountability and responsibility. Brimming with interesting stories and examples, and covering new developments such as the emergence of BRICs and the effects of the Great Recession, this book will interest managers, business owners, and students for whom sustainability is a priority"--The publisher.

Creating a Lean and Green Business System 2013-05-03 Keivan Zokaei Things that are good for the planet are also good for business. Numerous studies from the likes of the Economist Intelligence Unit, Harvard, MIT Sloan, and others indicate that organizations that commit to goals of zero waste, zero harmful emissions, and zero use of nonrenewable resources clearly outperform their competition. Like lean thinking, greening your business is not just a 'nice to have'; at least not anymore. It is now a key economic driver for many forward looking firms. This book is packed with case studies and examples that illustrate how leading firms use lean and green as simultaneous sources of inspiration in various sectors of industry - from automotive and retail to textile and brewing. Take Toyota as an example, the holy grail of economic efficiency for decades. This book, shows that Toyota tops the green chart too, describing Toyota's notion of Monozukuri: sustainable manufacturing. Creating a Lean and Green Business System: Techniques for Improving Profits and Sustainability offers opportunities for innovation that can simultaneously reduce dependence on natural resources and enhance global prosperity. It explores less understood aspects of lean and green - discussing their evolution independently as well as the opportunities that exist in their integration, highlighting the importance of a cultural shift across the whole company. Outlining a systematic way to eliminate harmful waste while generating green value, the book explains how to: Become economically successful and environmentally sustainable by adopting the lean and green business system model Adopt a systematic approach to become lean and green, and develop your own roadmap to success Use the cutting edge tools, techniques, and methodologies developed by the authors Translate the techniques and culture that underpin lean into environmental improvements Creating a Lean and Green Business System: Techniques for Improving Profits and Sustainability supplies a new way of thinking that will allow you to boost improvement efforts and create a positively charged work environment - while contributing to the long-term well-being of the environment.

An Introduction to Sustainable Development 2012 Peter P. Rogers This volume is the most comprehensive textbook on sustainable development. It has been developed with students and professionals from around the world specifically for those who need a thorough grounding in the subject. Coverage includes: background to sustainable development and global environmental issues; measurement and sustainability indicators; environmental assessment, management and policy; approaches and linkages to poverty reduction; impacts and infrastructure development; economics, consumption, production and market failures; governance; participation; disaster management; international financial institutions; international environmental agreements; and the role of civil society.

Ants, Galileo, and Gandhi 2017-09-08 Sissel Waage Although sustainability efforts in business are still a work in progress, it is increasingly clear that key elements of a new generation of enterprises will be radically different from those of our contemporary modern industrial economy. The core distinctions between what currently exists and what is being created are communicated in this book through the compelling metaphor of Ants, Galileo, and Gandhi. This collection, developed from The Natural Step's conference on Sustainability and Innovation in 2002, provides radical ideas for generating a new perspective on the dynamics of business systems. "Ants" symbolise the lessons to be learned from nature and the dependence of individual beings on broader, complex systems. "Galileo" embodies brilliance in perceiving and proving that the current paradigm is flawed. "Gandhi" exemplifies exceptional compassion in fighting for fundamental change. All of these attributes are increasingly relevant in a world where, globally, we are experiencing both a steady decline in life-supporting resources and rising demands. Recognition of these challenges is sparking innovation within the private sector where the first glimmers of systemic change can be seen. The book examines the emergence of 21st-century enterprises that recognise their reliance on broad social and ecological systems ("ants"), incorporate sparks of genius rooted in rigorous analyses ("Galileo"), and acknowledge the importance of compassion and determination within any endeavour ("Gandhi"). With contributions from Ray Anderson, Gretchen Daily, Karl-Henrik Rob

Clean, Green and Responsible? 2019-07-22 Gabriel Eweje New Zealand and Australia are broadly considered to be countries in which sustainability and responsibility discourses are being pursued by governments and business alike, and in which incentives and initiatives are helping confront and overcome sustainability-related challenges. This book takes a closer look behind and beyond the marketing mantras of both Australia's and New Zealand's "clean and green" campaigns and, on the basis of representative examples and cases, critically evaluates the status quo. The book assesses the effectiveness of sustainability and responsibility models with a focus on the South Pacific and argues that the ways in which issues have been dealt with in this more closely defined geographical region are most likely a good indicator of how similar issues are (or soon will be) dealt with around the globe. As such, the book offers a rich source of cases on sustainability and responsibility in the business arena, a critical review, and an inspirational affirmation of responsible business practice.

Sustainability 2010-07-08 Stephen Morse Encouraging students to engage in the challenges and complexity of sustainability, this text considers not only the theories underlying sustainability, but more importantly how theories are translated into practice and the difficulties of achieving this in the world in which we live. This pragmatic focus gives students a greater understanding of the practice of sustainability and highlights the challenges involved. Models and theories are illustrated throughout with real world examples to help students move away from the abstract and connect with genuine issues. The text begins by focusing on sustainable production and consumption and how they are related. The role of tools such as modelling and sustainability indicators are explored, and extended into the fields of stakeholder participation, livelihoods and evidence-based policy. The final chapter explores the interconnections between apparently disparate subjects and the importance of taking an interdisciplinary perspective.

How Corporations Hurt Us All 2003 Dan Butts The recent accounting and corporate scandals of Enron, WorldCom, Tyco, K-Mart and McWane (producer of cast iron water and sewer pipes), which has killed 9 workers and injured 4600 more with impunity since 1995- and other greedy and lawless billion dollar behemoths- are just the tip of the iceberg relative to the serious and pervasive harm that corporations and greed are doing to people, communities, the earth and to our children's and grandchildren's future. How Corporations Hurt Us All examines many crises including how Big Oil, billion dollar weapons contractors, and unaccountable private firms like DynCorps are continuing dangerous and immoral Cold War policies by driving multiple wars and military operations; our collapsing corporate health care system that restricts free speech, stifles public debate, and manipulates public opinion to serve narrow corporate and political goals. Some of the world's largest multinational corporations DEXXON Mobil (#1 oil company), Wal-Mart (#1 retailer), HCA (#1 hospital conglomerate), Citigroup (the world's #1 financial institution)- and other rogue operations are profiled in the book. The good news is that there are effective approaches to all of these interrelated, greed-driven crises. Even more hopeful are the corporate reform and global economic democracy movements representing thousands of dedicated citizens' groups and millions of individuals throughout the world. Yet, what is ultimately necessary to reverse global economic, social, and environmental deterioration and eventual collapse, insure world peace and security, strength our weakened civil liberties, and fulfill our human potential, as the book explains, is forging a broad consensus on a new bottom line, or organizing principle, for business and society.

A Companion to Tourism 2008-04-15 Alan A. Lew This groundbreaking Companion offers readers an opportunity to reassess key themes in contemporary tourism studies in the light of recent theoretical developments in tourism studies and the social sciences, as well as dramatic changes in the operating environment for tourism. A critical overview of current research in tourism studies. Offers readers an opportunity to reassess key themes in tourism studies in the light of recent developments, such as terrorist attacks, SARS and the financial failure of airlines. Comprises 48 specially commissioned essays, written by more than 50 acknowledged experts from around the world. Covers cutting-edge perspectives and topics, including tourism's role in globalization, sustainable tourism, and the state's role in tourism development. Sets an agenda for future tourism research. Includes a wealth of bibliographic references.

Democracy's Edge 2005-10-28 Frances Moore Lappe Three out of five Americans, both Republicans and Democrats, feel our country is headed in the wrong direction. America is at the edge, a critical place at which we can either renew and revitalize or give in and lose that most precious American ideal—democracy—and along with it the freedom, fairness, and opportunities it assures. Democracy's Edge is a rousing battle cry that we can—and must—act now. From Jefferson to Eisenhower, presidents from both parties have warned us of the danger of letting a closed, narrow group of business and government officials concentrate power over our lives. Yet today, a small and unrepresentative group of people is making vital decisions for all of us. But this crisis is only a symptom, Lappé argues. It's a symptom of thin democracy, something done to us or for us, not by or with us. Such democracy is always at risk of being stolen by private interests or extremist groups, left and right. But there is a solution. The answer, says Lappé, is Living Democracy, a powerful yet often invisible citizens' revolution surging in communities across America. It's not random, disjointed activism but the emergence of a new historical stage of democracy in which Americans realize that democracy isn't something we have but something we do. Either we live it or lose it, says Lappé.

What Matters Most 2009-02-23 Jeffrey Hollender For more than sixteen years, Jeffrey Hollender has presided over Seventh Generation, a world leader in manufacturing environmentally friendly, nontoxic household products. What Matters Most illuminates the successful practices of Seventh Generation and many other pioneering companies around the world—to demonstrate the pragmatic aspects of a corporate strategy that hardwires social and environmental concerns into the company's culture, operating systems, and business relationships. It shows business leaders how to assess their own company's performance, adopt a socially responsible approach to doing business, and embark on a path of long-term growth. "Jeffrey Hollender . . . has shown that doing the right thing does pay off both in terms of building a brand that generates great customer loyalty and a business that has consistently generated superior growth." -- Ben Cohen, Founder, Ben & Jerry's "What Matters Most stands out for its moderate and thoughtful analysis of a controversial issue . . . Hollender is a voice of reason in today's important debate on corporate responsibility." -- Soundview Speed Reviews

Inner Switch 2023-05-09 Susan S. Freeman In a clear, linear, sequential system, highly regarded executive coach Susan S. Freeman lays out a transformational path for mainstream western business leaders through ancient yogic wisdom, and guides leaders to become better versions of themselves so that they can create positive change in their organizations. Despite having a desire to succeed, we are so accustomed to working hard to reach our goals and produce results in the workplace, that many of us sacrifice our deeper humanity in the process. This timely book is ideally suited for the current era of anxiety and global upheaval that has awakened us to our collective

dissatisfaction with the status quo. The philosophy of yoga is an ancient, time-tested system that enables us to shift internally so we may continue creating, innovating, and initiating despite pressure and setbacks. An empowering secret is how it enables us to be present, clear, and connected. Susan utilizes modern vocabulary to share these concepts and simple processes that have been proven effective over several millennia. These yogic principles and practices will transform working relationships from conflict-creating, stress-inducing, goal-oriented, reactive struggles into harmonious, effective, and responsive partnerships. The result will be deeper fulfillment and joy from work, and enable people to see opportunities that were previously hidden. Ultimately, they will feel more confident that they have the right motivations and therefore can trust that they are doing the right things for the right reasons. Readers will learn: How to stay calm, be resourceful, and confidently respond with compassion and equanimity, even under pressure from external forces Become an inspiring, effective leader (and a more joyful human) through the timeless principles of yoga Discover how to become connected within yourself so that you can always bring your best self to your leadership—and trust it too! Create and maintain a healthy culture that values human relationships Understand the simple, sequential system that will shift your perspective while developing an internal compass to get you where you want to go Adapt confidently to stressful changes and setbacks, while getting off the reactive “hamster wheel” once and for all Embrace a complete integrative framework for self-management from the inside out There is a strong post-pandemic shift to a more humanistic, holistic workplace with a renewed emphasis on people as much as profits. This book is uniquely positioned to make this shift a reality.

Retail Supply Chain Management 2017-10-02 James B. Ayers Retail supply chain consists of multiple segments from sales to distribution to finance. Retail manufacturers rely on a complicated web of suppliers. Customer demand and market competition today requires extreme efficiency from end to end. This book offers the retail supply chain executive with the tools needed for full strategic advantage. The new edition gives special attention to recent challenges, such as vast technological change, higher levels of customer personalization, and more global supply chains.

Becoming Part of the Solution 2005-01-01 Bill Wallace

Transformational Speaking 2013-10-09 Gail Larsen You can change the world—one audience at a time! Today’s challenging times call for passionate visionaries who are authentic and articulate communicators. Speaking coach and consultant Gail Larsen presents a proven program that liberates the “speaker within” and transforms even the reluctant orator into an agent of change. While most books on public speaking focus on polishing your presentation and overcoming fear, Larsen’s holistic blend of spirit and logic goes far beyond the standard format, making TRANSFORMATIONAL SPEAKING a must-read for even the most seasoned speechmakers. With her uniquely inspirational approach, Larsen reaches out to those who want to make a genuine difference in our world by changing minds through touching hearts. TRANSFORMATIONAL SPEAKING offers insightful advice on everything from defining your message and refining your delivery, to managing the dynamics of a room, handling logistics like a pro, and building a connection with an audience of any size. Larsen has helped business executives and entrepreneurs, community and social change leaders, and healers and life coaches become active movers and shakers through the power of effective communication.

Berkshire Encyclopedia of Sustainability 2/10 2010-01-01 Chris Laszlo The Business of Sustainability is a core resource for policy makers, members of the development community, entrepreneurs, and corporate executives, as well as business and economics students and their professors. It contains rich analysis of how sustainability is being factored into industries across the globe, with enlightening case studies of businesses serving as agents of change. Contributing authors provide a groundbreaking body of research-based knowledge. They explain that the concept of sustainability is being re-framed to be positive about business instead of being tied to the old notion of a trade-off between business and society (that is, if business wins, society and the environment must lose), and they explore how economic development can contribute to building our common future.

The Routledge Handbook of Tourism Research 2012-08-21 Cathy H.C. Hsu The Routledge Handbook of Tourism Research is a compendium of some of the most relevant issues affecting tourism development today. The topics addressed in this book provide some new thinking for those involved in tourism research. This book takes the reader from the beginnings of tourism research to a discussion of emerging forms of tourism and selected examples of tourism development. The underlying theoretical dimensions are reviewed, analysed and discussed from a number of perspectives. This book brings together leading researchers, many of whom are members of the International Academy for the Study of Tourism, to discuss tourism today and its future. The works included in this volume are diverse, in terms of geographical context, research methodology, root discipline, and perspective. This book represents studies based in Europe, North America, Oceania, and Asia. Research methodologies include both quantitative and qualitative. Both macro and micro issues are discussed from the economic, psychological, sociological, political science, marketing, and other perspectives, which reflect the interdisciplinary nature of tourism studies. This book is divided into 6 sections. Section 1 considers the foundations for tourism research. Section 2 discusses the implications for destination management and section 3 discusses planning for tourism development. Section 4 covers human capital for tourism development. And finally, section 5 evaluates emerging forms of tourism and then section 6 offers insights into tourism evolution. It offers the reader a comprehensive synthesis of this field, conveying the latest thinking and research. The text will provide an invaluable resource for all those with an interest in tourism research. This is essential reading for students, researchers & academics of Tourism as well as those of related studies in particular Leisure, Hospitality & Development Studies.

Tools for Environmental Management 2002 Dixon Thompson “Thompson (environmental science, U. of Calgary) gathers 14 contributors from the academic and business sectors in this text for students, professionals, policy makers, and regulators. This book is not about managing the environment but about managing people in organizations, governments, and corporations to lessen environmental damage. Topics include auditing, education and training, environmental reporting, impact assessment, and the Natural Step, a Swedish NGO that advises on efficient material usage to increase profits and spare the environment.”--Pub. desc.

Alternatives Journal 2002

Canadian Books in Print. Author and Title Index 1975

Environmental Law Reporter 2002

Handbook on Urban Sustainability 2006 Nolberto Munier This book, written by specialists from Canada, India, Italy, Palestine, Peru, Spain and the Netherlands, is a guide to establishing a city on a sustainable path. It addresses sustainable urban planning issues by breaking the city down to its components. A broad range of planning and sustainability considerations are discussed. Important concluding chapters provide a ‘what to do and how to do it’ practical roadmap for implementing a sustainability program.

Sustainable Industries Journal 2007

Making Sustainability Work 2008 Marc J. Epstein Sustainability is fast becoming a cornerstone of every business. Award-winning author and academic Marc Epstein provides an authoritative and comprehensive how-to guide to help managers and academics implement corporate sustainability initiatives and concrete guidelines to measure their social and financial impacts.

Creating Business Opportunity Via Environmental Product Design Strategy 2005 Michael T. Hernke

The Step-by-Step Guide to Sustainability Planning 2012-05-04 Darcy E Hitchcock Sustainability is now the greatest business imperative, yet how do you actually develop and implement a sustainability plan if you aren't an expert? From the authors of the award-winning handbook The Business Guide to Sustainability comes this highly practical guide to designing and implementing a customized sustainability plan in any business, organization or government department of any type and scale. This step-by-step guide explains how to create a sustainability plan and sustainability report. Each chapter has two vital sections. The first contains background reading, tips and case examples to help you be successful. The second presents a set of methods each with step-by-step instructions and a selection matrix to help choose the best methods. The book also contains sample worksheets and exercise materials that can be copied for organization-wide use.

International Journal of Environment, Workplace and Employment 2006

From Fragile State to Functioning State 2009 Sabine Collmer The phenomenon of state fragility has become a mounting concern to the international community in the last decades. This edited volume consists of a compilation of articles that evaluates how countries may recover and return to a path of stable and democratic development. In its 17 chapters, the contributors analyze the difficult transformation processes of four countries: Afghanistan, Georgia, Kosovo and Moldova. The authors tackle theoretical approaches to state reform as well as country specific issues like the role of external actors, security sector reform, and anti-corruption strategies.

Canadian Books in Print 2003

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Should you decide to change careers, it will be a lot easier because of the various advanced trainings you have undergone. Still, if you’re happy and contented with your existing career, you can be promoted in the near future. Your salary will increase and you’re already prepared to take new responsibilities. You will not find it hard to cope with the new working environment.

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The profit & loss of a certain company is determined by finance professionals through accounting. They can determine what created the profits as well as the losses. Accountants form some sort of business equation so justify the profits & losses of a business. By doing so, they can easily tell a company’s net worth.

It seems that by simply starting to define one accounting term, it eventually leads to defining other terms as well. Net worth is another term that is quite difficult to understand. It refers to the resulting amount after deducting the liabilities of a company from the assets. Private companies refer to net worth as owner’s equity.

Why owner’s equity? Well, after deducting all the liabilities, what’s left basically belongs to the owner. In the case of public companies, the profit of the business is returned as dividends to shareholders. As you can see, before owner or shareholders of a company can take hold of the profits, all liabilities must be deducted first.

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Women who are pregnant are also advised not to undergo acupuncture treatment. However, they can engage in that once the baby is born.

How well the acupuncture treatment will go depends also on specialist who will be performing it. You have to take into account their years of experience and skill so they are able to make the correct diagnosis, finding the acupoints in the body, the angle at which the needles will be inserted and the techniques they know as there are different types of acupuncture.

This brings us to asking ourselves how to find a skill acupuncturist. For this to work, we have to do ask our doctor if they can refer anyone. It wouldn’t hurt to also do some research online. After all, there are about 3,000 acupuncturists all across the country so it won’t be that hard to find one.

Instruction dancing with the tiger learning sustainability step

Afterwards, you will simply have to choose one that you think is best. Good luck in your trainings.

Accounting is basically the language of businesses.

In accounting, you will see that there will be a lot of career opportunities that you can consider.

The first is public practice. Most accountants start their career as a certified public accountant. In this career choice, you will be able to charge a fee for your services or you can also work as a staff accountant or an in-house accountant.

*Story of" dancing with the tiger learning sustainability step*__After the regular sessions, it is advisable to go back for follow up treatment. It should be every 2 weeks for the next 2 months and then once a month later on.

Aside from needles, most clinics use herbs in the form of masks, poultices and moisturizers. Before you use it, check with your doctor to make sure there is no allergic reaction to any forms of medication that you are taking.

After the first facial acupuncture treatment, you will usually seen an increased glow to one’s complexion which the Chinese say an increased Qi or blood flow to the face. It becomes more open, the wrinkles start to disappear and the skin appears more toned.

Rating : dancing with the tiger learning sustainability step-Fifth, medical doctors do not believe in the potential of alternative medicine. This is not true because there are more doctors these days that are open to the idea that there are other ways to help patients aside from conventional medicine. In fact, some of them even recommend an acupuncturist if they know that what they have done is not effective.

Another myth is that every patient will undergo the four needle technique. This is not true and it will only be used when the specialist feels that the energy of the patient is virtually not moving as a last resort.

The seventh myth is that it is better for a medical doctor to perform acupuncture. This is wrong because the training is much different than that taught in medical school. Students who have an acupuncturist license train for 3,000 hours before they are allowed to practice this profession. So between an acupuncturist and a medical doctor, you should go with someone who has learned about this much longer.

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Acupuncture and Autism

Studies have shown that there is an increase in the number of children that have been diagnosed with autism. Until now, doctors have not yet found a cure to this illness which is why some parents want to experiment with alternative forms of treatment and one example is acupuncture.

Acupuncture is a holistic approach in treating and preventing certain diseases. Its main tool are very thin needles that are inserted to targeted points in the body. The body has about 400 of them linked through a system known as meridians or pathways. Once these are stimulated, these are supposed to create balance in the body.

Autism on the other hand is a brain disorder that is long term. This disease is characterized by deficits in language, social communication and cognition. Children who are diagnosed with this illness may also suffer from secondary problems such as aggression, irritability, stereotypes, hyperactivity, negativism, volatile emotions, temper tantrums, short attention span and obsessive-compulsive behavior.

Lolita dancing with the tiger learning sustainability step..Acupuncture can do more than just helping patients deal with arthritis or migraine. Clinical tests have shown that it can help obese people lose weight and those who are suffering from insomnia.

In some countries, acupuncture has even been used to replace chemical anesthesia prior to surgery as there are some patients who are not able to tolerate regular anesthesia.

Another field which acupuncture has proven to be effective is helping patients deal with their addictions such as alcohol, drugs and smoking. One study of smokers revealed that the average patient will cut down by half the number of cigarettes they consume after just one treatment. Just imagine the potential after a few more sessions!

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Heat stroke is the severest condition of all heat related illnesses. In this condition the body gets overwhelmed with excessive heat and the efficiency of the system that regulates body heat goes down considerably which can result in a serious emergency requiring immediate medical care. The symptoms of heat stroke include dry and warm skin, very high fever generally above 104 degree Fahrenheit, increased heart rate, appetite loss, nausea, headache, vomiting, fatigue, agitation, confusion, stupor, seizures, coma and possible death. A teenager experiencing symptoms of heat stroke should stay in a cool place and have adequate rest. Heat stroke is a serious condition and emergency attention should be sought by calling 911. In the meanwhile the affected teenager should be made free of excessive clothing and should be worn with cool clothes and also put cool water on the skin to lower the temperature. Placing ice bags in armpits also helps. Make the teenager drink cool drinks if the teenager is alert.

Heat strokes are very much preventable if certain precautions are taken like drinking adequate water during hot days, avoiding alcoholic and caffeine drinks, wearing light clothes, exercising in cooler time of the day, wearing sunglasses and hat, using umbrella on a hot day, applying sun cream with a spf of at least 15 etc.

Solutions dancing with the tiger learning sustainability step,But you have to remember that acupuncture is not permanent. It merely starts something that you have to finish on your own. Some smokers who go 2 or 3 times a week to the clinic will need to come back for follow up sessions in the future.

At the same time, you have to find ways to prevent yourself from picking up a cigarette. You can do this by staying away from people who smoke since you will be tempted to ask for a stick. You can create your own personal mantra which you repeat to yourself every time you have an urge.

Remember that this craving is only short term and will last only for a few minutes. You have worked so hard to leave this behind so stick to the path and stay smoke free.

Rating : dancing with the tiger learning sustainability step..Amenorrhea is the condition in which the female skips her menses for more than three consecutive menstrual cycles. Amenorrhea is also classified as primary amenorrhea and secondary amenorrhea. Primary amenorrhea develops from the onset of menstrual periods. In this condition, the adolescent might not get periods when she enters puberty. Secondary amenorrhea is a condition where periods become irregular after a period of time and not from the start.

There are many causes of amenorrhea such as ovulation abnormality, eating disorders, birth defects, anatomical abnormalities, malnourishment, anorexia, bulimia, pregnancy, over exercising, thyroid disorder, obesity and other medical conditions. Out of these ovulation abnormalities are a common cause for absent or irregular periods. It is a must that an adolescent start getting menses at least by the age of sixteen. If not, anatomical abnormality, birth defect and other medical conditions are the cause. Adolescents who participate in sports actively and are athletic have a lower body fat content because of which they have absent menses. Even because of malnourishment, the body is incapable of sustaining pregnancy. So in turn the body itself shuts down the reproductive system and menses. Extra fat cells in the body interfere with ovulation and that is the reason why obese female have irregular menses. Amenorrhea is treated by dietary modifications, ovulation inhibitors and hormone treatment.

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There are basically 14 pathways throughout the body where chi flows continuously. These are called the meridian points. In order for chi to course through the body unobstructed, there has to be a balance between the strengths of yin and yang. In ancient Chinese philosophy, yin and yang represent the forces of the universe- yin is for feminine, while yang is for masculine. Every single thing in the universe is believed to contain both yin and yang for harmony.

When the yin and yang are not balanced, chi cannot stream through the body liberally. Therefore, the meridian points through which chi courses through need to be stimulated. This is done by the insertion of hair-thin, disposable needles in specific areas on a person’s body to induce bodily harmony and bring about healing.

A certified and trained acupuncturist will be able to carry out an excellent therapy session for the patient. Trainings for acupuncturists are given in order for them to obtain their licenses. A poor practitioner may not be proficient enough with the practice and could end up jeopardizing the results of the entire procedure. Nowadays, it is wise to verify on a practitioner’s credentials to ensure a safe and effective acupuncture treatment.

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How Acupuncture Induces Weight Loss

Most acupuncturists will target the spots behind the ear when it comes to promoting weight loss. When these points behind the ear are stimulated, endorphins are released in large doses. Endorphins are called the feel-good hormones, and these are also often referred to as natural pain and fever relievers. The release of endorphins is what makes you feel better after an increased level of physical activity, as in the case of a good workout.

These bodily compounds allow the patient to experience better relaxation, thus considerably alleviating stress. There is a greater possibility of enhanced weight loss when the patient has already achieved emotional wellness. Endorphins are also released whenever the body experiences low levels of bodily pain, thus their moniker as a natural pain reliever.

Obsession dancing with the tiger learning sustainability step___The symptoms of Osgood-Schlatter disease are swelling of knee, tenderness below knee area and limping. The doctor will check the medical history of the patient and will conduct physical examination and diagnostic procedures such as taking an X-ray. The physician will decide on the treatment to be done by studying the overall health, age, medical history, tolerance for certain medications and extent of the disease. Treatment will include medications, rest, compression, elevation, neoprene knee sleeve and physical therapy. The main aim will be to control and limit the knee pain by cutting down on the adolescent's physical activities. Usually the Osgood-Schlatter disease gets healed over a period of time and in very rare cases is a surgery required.

Slipped capital femoral epiphysis is a problem which affects the hip joint. The ball or head of the thigh bone, also known as femoral head slips from the thigh bone's neck. Because of this the hip joint becomes stiff and painful. Slipped capital femoral epiphysis is the most common disorder of the hip which can happen in both the hips or one and it is more common in boys when compared to girls. Basically, adolescents of the age ten to eighteen years and who are overweight can be affected by this condition. The condition can arise over a time interval of few weeks or years. The condition, if resulted because of trauma and is also called acute slip and if results after a period of time is called chronic slip. Slipped capital femoral epiphysis is caused because of medications, radiation treatment, thyroid problems, and chemotherapy.

There are three degrees of intensity of slipped capital femoral epiphysis, mild, moderate and severe. In mild slipped capital femoral epiphysis, only one third of femoral head slips from the thigh bone. In moderate, one third to half slips and in severe, more than half of the femoral head slips. The symptoms of this condition are pain in hip which increases upon movement, pain in thigh, knee & groin and limpness in the leg. When an adolescent walks there will be a clicking sound in the hip and his/her legs will be turned outwards.

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Acupuncture Could Help You Finally Manage Your Stress Levels

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You could take anti-stress pills to help you relax but, like me, you might also be worried about the side effects these pills could have. The good news is that you could try acupuncture at least once to see if it could help you manage the stress. It certainly couldn't hurt to try acupuncture if all you're after is stress relief.

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Students who enroll in such courses will be taught through demonstration, discussion and hands on application.

Learn dancing with the tiger learning sustainability step-Is Acupuncture The Remedy for You?

With the growing acceptance of alternative medicine in Western cultures, acupuncture is quickly becoming a popular practice. More and more people today are choosing acupuncture over western medicine to treat bodily pains, relieve stress, or to promote overall health. If you are thinking about trying acupuncture but are wondering if it is safe or if it's the right treatment for you, the following information may aid you in making a more informed decision.

Description and Origin

Acupuncture is the practice of inserting fine needles into specific points in the body for therapeutic purposes. According to theory, these specific points called "acupuncture points" lie along pathways of the body along which one's vital energy is said to flow. The needles are used to promote free-flow of energy in areas of the body that circulation may have stagnated. Although acupuncture is practiced in many Asian cultures such as Japan, Tibet, and Korea the practice is commonly known to have originated in China.

*example dancing with the tiger learning sustainability step*___**Acupuncture For All Those Simple Aches And Pains**

If, like me, you have quite a fear of needles and injections, then acupuncture, that practice of sticking needles onto different parts of your body to cure sicknesses might seem scary at first.

However, if you've been long been suffering from some problems like headaches or chronic pains and your regular visits to the doctor don't seem to be helping you, then why not consider a trip to an acupuncture specialist? After all, who hasn't heard of somebody's aunt somewhere suffering from arthritis and trying out everything that the doctors recommended all to no avail, only to finally be cured by a really good acupuncturist?

Perhaps you were wondering if it could actually work for you. You might feel a bit skeptical since traditional Chinese medicine doesn't immediately coincide with theories in modern Western medicine. In fact, the use of needles to cure people was discovered thousands of years ago in China long before microscopes or x-ray machines were invented or before bacteria and germs were discovered.

Best Seller : dancing with the tiger learning sustainability step

Should there be a school near where you live, you should probably take it so you don't have to worry about boarding and lodging as this is just added cost to this long term investment.

If you like the school but cannot afford the cost of tuition, find out if they offer scholarships or if they have a grant in aid program. If there are none, then check with the federal government because they should have one and they will give it to deserving students who plan to enroll in a school accredited by the National Commission for Acupuncture and Oriental Medicine.

Some states do not require you to get a license once you graduate from the program. However, if you plan to practice this elsewhere, you should prepare yourself for the state board exam as this is a requirement.

Solutions dancing with the tiger learning sustainability step;These courses can be chosen on the basis of modules or on an hourly basis. The course material covers the history, theory and techniques of acupuncture. Courses that offer tools such as acupuncture DVD and video are ideal for acupuncturists or students of acupuncture to improve their clinical expertise.

Once you graduate from acupuncture school, some will open their own practice while others will first work for a clinic. Those who decide to be employed will work with other professionals that may include naturopaths, chiropractors and other specialists that are also into Oriental Medicine.

The average acupuncturist makes about \$45,000 a year but this can change in the years to follow as they add years or experience under their belt. This just goes to show that if you work hard, you too will make a fortune. Just make sure that you do this properly for each patient because one mistake could make this all go away.

Challenge dancing with the tiger learning sustainability step

In some cases, acupuncture is more effective when the needles are first heated. This technique is known as "moxibustion." Here, the acupuncturist lights a small bunch of the dried herb called moxa or mugwort and holds it above the needles. The herb, which burns slowly and gives off a little smoke and a pleasant, incense-like smell, will never directly touch your body.

Another variation is electrical acupuncture. Here, electrical wires are hooked up to the needles and a weak current runs through it which may cause no or little sensation at all.

It is also possible that herbal medications will also be prescribed by the acupuncturist for your treatment to be successful.

Happiness dancing with the tiger learning sustainability step;But acupuncture is not risk free. Hematoma may develop if the needle punctures a circulatory structure. It is also possible that pneumothorax may occur if the needle is inserted too deep. There is also the risk of HIV and hepatitis if the needle was not properly sterilized.

Now that you know what acupuncture is, you must not forget that it is merely an alternative and not a proper form of medical treatment. This means you should still be examined by a professional in the medical field who can determine the severity of your illness or disease.

Read Only : dancing with the tiger learning sustainability step

About the salary of accountants, the lowest rate is roughly \$35,000 per year and that is for starters only. Once you're hired and you've been with a company for many years, the salary will naturally increase. Did you know that the senior accountants can earn as much as \$80,000 per year on the average? That's a lot of money, right? Being an accountant has its benefits, especially in terms of salaries.

It seems that accountancy graduates of today are given more job opportunities. You should be thankful because unemployment is prevalent in many areas. If you're a graduate of accountancy, it means that you have better chances of finding a good paying job as compared to graduates of other courses. If you try to analyze the business situation, accountancy is essential to the success of a business organization or company. With the growing number of business worldwide, big scale or small scale, accountants are badly needed.

For those who are just going to start college, why don't you consider an accountancy course? According to statistics, the demand for knowledgeable accountants will increase in the years to come, so why not join the force? It will only take a couple of years to graduate. Make sure that you have excellent grades so that you will have an edge when you apply for a job. It pays to study hard now because you can use the knowledge in the future. You can be one of the assets of the biggest company in the world – now who wouldn't want that?

Curse dancing with the tiger learning sustainability step

The benefits of an accountancy career are nothing compared to other degrees in college. Although some accountants have bad reputations, most of them are still working honestly. These accountants are contributing their knowledge and skills for the betterment of the business industry.

If you want to be part of them, go ahead; just try and apply for a career in accountancy. Who knows, tomorrow you might already have a job.

To start with, you can become an industrial or private accountant. Here, accounting is limited to only one firm. If you choose this profession, you will only be serving one employer. You have to provide your best service and skills to your employer and in turn, the employer will remunerate you.

example dancing with the tiger learning sustainability step,When looking for an acupuncturist, make sure that person is licensed. Before he or she can obtain one, they have to complete 4 years of training at an approved college of oriental medicine. In the state of California, one governing body that gives the person the title is the California Acupuncture Committee.

If they get this from another organization, a copy of their license must always be clearly displayed in the practitioner's office. One example is the National Certification Commission for Acupuncture and Oriental Medicine.

When choosing an acupuncturist, there are a few things you should ask aside from their credentials. You should know what styles of acupuncture is used as there are some techniques that do not use needles to treat a patient.

Rating : dancing with the tiger learning sustainability step:Suppose you're not a graduate of accountancy and you're already too old to attend classes in traditional classroom-based colleges. Don't you worry because there are now online colleges that let's you earn a degree in accounting from your very own home. You simply need an internet connection at home and then you have to comply with the requirements of the online college and that's it.

Are you already a CPA? If you're not, then you can also get a certification online. Comply with all the requirements and pass the exams and you can become a CPA.

State requirements vary when it comes to accounting degrees. You have to ensure that the accounting degree you've taken fulfills all the requirements of the state you live in or in the state that you plan to have your accounting career.

Legend dancing with the tiger learning sustainability step:Like other strategies used in treating health conditions, acupuncture may have some side effects. Medications have side effects and allergic reactions, surgeries have risk of infection and complications. For needle puncture, there is a risk of injury, rare infections, minor bleeding, small bruises, and some dizziness.

You can minimize the possible side effects by choosing a licensed acupuncturist. Most countries either have government licensing in place or have professional organizations with very strict rules and regulations.

How do treatments go?

An acupuncturist will do an initial evaluation of your medical history and your body's current state. Multiple pressure points are palpated, and a regimen of treatment is formulated. Most courses involve a series of 10 to 20 treatment sessions, each lasting 30 to 90 minutes. Needles will be carefully placed at the required points and kept in place for some time. Most patients report a feeling of mild sensation at the site of the puncture, but no real pain.

The Best dancing with the tiger learning sustainability step

Cholesterol screening helps to determine the cholesterol and fat levels in the blood. Children and adolescents with normal cholesterol level is a thing of the past. Because of the changing lifestyle and junk food trend, even they have a high risk to develop high levels of cholesterol which also increases the risk of developing heart diseases which can affect the blood vessels and the coronary arteries. The main cause of this change is obesity, junk food high in fat, fast food diets, sedentary lifestyle and high cholesterol level in family history. Keeping the blood cholesterol levels at normal is a good way of avoiding high blood pressure and coronary artery diseases.

The blood cholesterol level can vary from individual to individual. Healthy levels of LDL is less than one hundred and thirty milligrams, HDL is greater than thirty five milligrams. If the HDL is less than thirty five milligrams then the adolescent is at a higher risk of developing heart diseases. And LDL more than one hundred and thirty milligrams is dangerous. But a high level of LDL cholesterol is a problem in many citizens of America. And there is an expected increase in number, the figure is unknown, of adolescents who have a family history of high cholesterol levels.

An adolescent or a child who has a parent having high levels of blood cholesterol and family history of heart diseases at an early age, should take cholesterol test from the age of two. Adolescents who are obese also should have lipid test along with cholesterol test. The lipid test shows levels of kinds of fats in blood such as triglycerides, LDL and HDL.

Lolita dancing with the tiger learning sustainability step,Teens get anemia as they grow rapidly the amount of iron intake may not be enough to keep up with the pace of the growth as it needs more nutrients in this process. In the case of girls they need more iron after puberty and are at risk due to heavy blood loss during menstrual periods. In some cases pregnancies also leads to anemia. Also, teens who diet excessively to lose weight may also be at risk of having iron deficiency. Meat eaters especially red meat eaters are at less risk compared to vegetarians as meat has rich iron in it.

Asthma in Adolescents

Most of the teenagers who have asthma are also allergic to many things. The asthma can get severe even if the people with asthma are exposed to allergens of low grade. Allergies play an important role in asthma cases which are undiagnosed. Other factors that also trigger childhood asthma include upper respiratory infections like colds, second hand smoke, and certain climate conditions like cold air and due to emotional physical expressions like laughing, crying or yelling. However, it is not the end of the road for asthmatics as they can live active and healthy if they manage asthma properly by avoiding asthma triggers, regular intake of prescribed medications, being alert of the warnings and be aware of the ways to deal with an asthma attack.

Concepts dancing with the tiger learning sustainability step

Control of pain is the most well researched of all of the indications for acupuncture. There is a definite beneficial effect for a majority of patients using this method. Migraines, premenstrual syndrome, arthritis, carpal tunnel syndrome, and neuralgias are but a few examples. The theory behind its effectiveness is also medically accepted and well researched, called the gate-control theory of pain. It states that the needles can stimulate nerves so that they block the impulses from pain triggers.

Expected Puncture Session Result

It is important to emphasize that acupuncture is used only on top of existing medical therapy. At no time should a patient discontinue medication or ignore medical instructions in favor of needle puncture. After undergoing a needle puncture regimen, the primary care physician can make an evaluation with regards to decreasing dependence on other therapies.

Rating : dancing with the tiger learning sustainability step

Cholesterol in Adolescents

Parts of adolescent's body are filled with a waxy stuff identified as cholesterol. It helps to produce vitamin D, cell membranes and certain hormones. Blood cholesterol comes from two different sources, liver within the body and food. The adolescent's liver produces enough cholesterol to carry out proper functioning.

The blood acts as the carrier of cholesterol and transports it to different parts of the body. They are transported in round particle form known as lipoproteins. There are two types of lipoproteins called the low density lipoproteins or LDL and high density lipoproteins or HDL. Low density lipoprotein or LDL cholesterol is commonly known as bad cholesterol. It helps in the building up of plaque in arteries and this condition is known as atherosclerosis. The LDL level must be low in the blood and if it is high it must be decreased. Healthy weight must be maintained and exercise should be done regularly. Food items which have high contents of calories, dietary cholesterol and saturated fat must be avoided.

High density lipoprotein or HDL cholesterol is the good cholesterol. It is actually a kind of fat in blood which helps to remove bad cholesterol from the body and stops the build up of plaque in the arteries. The more the HDL cholesterol in the blood the better it is. The HDL can be raised by at least twenty minutes of exercising daily, decreasing body mass and keeping away from food with saturated fat. Some adolescents need to take medications in order to increase HDL. In such cases, increasing HDL can be a complicated procedure and the physician can make a therapeutic plan to increase HDL in the blood stream.

For Free dancing with the tiger learning sustainability step

The clients can expect the representatives of Accounting Principals to listen to them and respect their needs. Representatives treat clients equally and honestly. They also maintain absolute confidentiality and keep their clients' best interests.

Client services offered by Accounting Principals include a variety of workforce solutions in finance and accounting through the company's branch network nationwide. Accounting Principals started out just like other companies so they know what these companies are going through. At present, Accounting Principals have a great number of client-companies all over the world.

The location of Accounting Principals is just perfect since Tulsa is city where the entrepreneurial spirit is nurtured. It's no wonder that the company is enjoying success. Through hard work and dedicated representatives (CPAs and MBAs), Accounting Principals still has a long way to go. The company can expect better years to come.

Obsession dancing with the tiger learning sustainability step-But acupuncture only reached the US in the early 80's with the establishment of a regulatory board called the National Commission for Acupuncture and Oriental Medicine. As a result, various schools have been built and those who want to become licensed acupuncturists are now able to practice their profession.

Despite that, there were a lot of people who are not yet convinced on the positive effects of alternative forms of medication. It was only in 1995 that the US Food and Drug Administration decided to classify the needles used for acupuncture as medical instruments and assured the public that they are both safe and effective.

To further promote acupuncture, the NIH or National Institute of Health in 1997 has stated that this technique is very useful in treating various health conditions. These include ear, nose, throat, respiratory, gastrointestinal, eye, nervous system and muscular disorders. In some cases, acupuncture is able to prevent some of them from happening.

example dancing with the tiger learning sustainability step

Are you still not convinced with the local papers? Your third option is to check with a headhunter or an employment agency. Find a good employment agency that can help you in looking for a job. Some agencies ask for certain fees while others offer their services for free. Clients pay these agencies to do the interviewing process so there is a great chance for you to land a job especially if you're qualified. Make sure that you find a reputable employment agency.

So now, have you checked all these resources? Remember to start by surfing the internet because this is the place where you can find a lot of job opportunities. Then, check out the local papers and eventually, check the employment agencies.

Now that you know the three valuable resources of job opportunities, all you have to do now is to exert time and effort in looking for specific job employments and you can already find a career. With a bit of patience, hard work, and dedication, the accounting job that you've dreaming of will soon be a reality.

Rating : dancing with the tiger learning sustainability step

Insomnia

Acupuncture has become a popular alternative to common remedies such as sleeping pills. It works at the nerve levels, relaxing and soothing your senses. Acupuncture is thought to be a safer route for insomnia because it brings back your natural sleeping cycle through natural means and not through chemicals, which can turn into an addiction. Using acupuncture for insomnia usually starts working after the very first session. The treatment is usually stretched out for a period of time, until your body returns to its natural sleeping cycle.

Infertility

Studies show that acupuncture is a beneficial form of complementary therapy for women who are having undergoing treatments for fertility problem. Acupuncture is believed to relieve the anxiety of women undergoing fertility treatment. Also, acupunctures success in aiding fertility is more pronounced in in-vitro fertilization. In addition, the rate of miscarriages has been found to be lower for women who do acupuncture.

Opportunity dancing with the tiger learning sustainability step-If you as suffering from any of the ailments mentioned above, acupuncture may just be the remedy for you. Acupuncture is harmless, and is known to promote health and a sense of well-being. It is a healthy, chemical-free alternative to traditional forms of medical treatment.

Things You Should Know About Acupuncture

Acupuncture has been practiced for hundreds of years. To let you know more about this practice, here are a few things that you should know.

First, acupuncture is a holistic healthcare technique that involves inserting needles into specific points in the body. Studies have been conducted and it has been proven to treat ear, nose, throat, respiratory, gastrointestinal, eye, nervous system and muscular disorders.

Revenge dancing with the tiger learning sustainability step

The History of Acupuncture

Acupuncture comes from two Latin words namely "acus" which means needle in English and "pungere" which means prick. Its history originated in China more than 2000 years ago and has evolved into various forms.

Some of the techniques of acupuncture do not even use needles anymore. Vibrating objects, ultrasound and even the fingers of the practitioner have taken some of the work to make the person feel better.

Instruction dancing with the tiger learning sustainability step

The best part about acupuncture is that there are no harmful side effects and no chance for an addiction to occur. The patient will have to come back for regular treatment and have to pay attention to one's diet and exercise regularly as needles can only do so much to control one's weight.

The number of treatments for someone who is overweight varies depending on how many pounds they want to lose, the speed at which they want to lose it and their commitment to sticking to the plan.

The average patient on the other hand who wants to lose 5 to 10 pounds will have to come for treatment every three days or twice a week then once this is attained, once every two weeks. It is up to the person until when the treatment will be done which shows that acupuncture can help you lose weight.

Read Only : dancing with the tiger learning sustainability step-Along with doctor consultation, a psychologist must also be consulted who can deal with the emotional challenges of the adolescent. The family should also play an active role in making the youngster feel better. The family should work in collaboration with physician, dietitian and diabetes educators. Teachers, counselors, school nurses, day care providers, and other community members can provide extended support and guidance. They can provide help with transportation, mental health counseling, health education, social services and financial services.

Eating Disorders in Adolescents

Since the adolescence is the age where bones are sprout and grow rapidly, well nourished food must be given to the adolescent to facilitate normal growth & development. The nutritional intake must be monitored regularly and modified depending upon the growing needs. Teenagers tend to develop eating disorders which affect their nutritional health. The eating behavior must be corrected as early as possible as it can lead to the development of complex illnesses. Eating disorder is the third common chronic illness, especially in adolescent females and the number has been increasing rapidly from the past thirty years.

Fight dancing with the tiger learning sustainability step...Once he or she knows the reason, this is the time that the needles are inserted into different parts of the body. One way is called the multi-targeted approach which is designed to lower the body's weight by increasing the output of the pituitary gland.

The areas where the needles will be inserted will be in the ear and in two of three body points. These areas could also include the mouth, the stomach, the lung, the endocrine, the spleen, kidney or thyroid.

During the initial treatment, the "Four Gate" points would be used to circulate energy throughout the entire body. It is also possible that electro simulation will also be done to increase endorphin release and stimulate metabolism.

First dancing with the tiger learning sustainability step

When adolescents wear braces they have to take certain precautions in order to avoid any more oral health complications. The most important precautionary measure is to brush the teeth regularly after every meal. Since the food can be easily lodged in braces, it is a good idea to brush carefully with soft bristles toothbrush and fluoride toothpaste. In the morning, the adolescent must floss between the braces and teeth. Food stuffs which are sticky or hard must be avoided as they are very difficult to remove. Foods like caramel, chew candy, popcorn, and nuts must be avoided. Cleaning must be done by the orthodontist or general dentist, every five to six months.

The wisdom teeth or third molars can grow in people of the age fifteen to twenty five. These teeth cause problem, because most of the mouths are too small to adjust new teeth and hence they need to be removed. If the wisdom tooth has place to grow, without affecting other teeth, they can be left to themselves. But if the adolescent experiences pain, facial swelling, mouth infection and gum-line swelling, then they should be extracted immediately. They can also destroy the second molars and impact other tooth. Various gum and jaw diseases can be caused. There can be a tumor development; cysts development and plaque build up. Hence, a surgery is performed to remove the tooth or teeth.

The gum tissue covering the wisdom tooth is removed and the connective tissue connecting the tooth to the bone is detached. The tooth is then removed and the opening is sutured. A general dentist can perform wisdom tooth surgery in the local office using anesthesia.

Five times common than asthma is tooth cavities. The tooth above the gum line is made up of enamel, the hardest tissue within the human body. The tooth below the gum-line comprise of nerves, roots and dentin. Dentin is another type of tissue and isn't as hard as the enamel. The acid which leads to tooth decay is produced by bacteria. These acids, along with dietary sugar, attach the enamel and eat away the minerals within the enamel, until a cavity is formed. This is known as tooth cavity. The biggest prevention against dental cavities is brushing teeth twice a day and even better, after every meal with fluoride toothpaste and soft bristle toothbrush. Carbonated drinks must be avoided strictly and must be replaced with fruit juices and sugary food must be avoided. Intake of fluoridated water also helps a lot or fluoride supplements can be used as replacement.

Guide dancing with the tiger learning sustainability step:In short, the business' language is accounting. All business activities are quantified through accounting and this is where all business reports are derived and later on, communicated to the management level. What career opportunities can you expect if you're a graduate of accountancy? Public Practice – if you become a CPA, you can do public practice. You can give your services to clients in exchange for an affordable fee. Usually, CPAs work in partnerships and they offer their services to businesses, governments, and even to individuals. The job responsibilities of an accountant in public practice will usually include auditing, taxation, management advisory services, etc. You can gain a lot of work experience in this field.

Education – accountancy graduates can also teach after they get their methods of teaching. They can become a researcher, reviewer, and a professor. If you choose this profession, you can learn a lot of things. You can clear out certain accounting issues, conduct research, and then distribute the results.

Curse dancing with the tiger learning sustainability step

Given that this has been practiced for more than 2000 years, various styles of acupuncture have been developed. So, before you decide to go for a session, you should know what technique is used so they can explain to you what happens.

When looking for an acupuncturist, you should also ask where they got their training, how long they have been in the practice and most importantly, what experience the specialist has had in treating the condition you are experiencing.

They should also be able to present their credentials like where they graduated and their state board license. If you live in a state that does not require a license, make sure they have something to show which certifies that they can practice their profession like a document from the National Commission for the Certification of Acupuncturists.

Legend dancing with the tiger learning sustainability step-The question now is whether you should get free accounting software or not. It's only a download away but before anything else, there are some things that you need to look for in accounting software; consider the following tips.

Large companies who want to promote products and marketing campaigns are now providing the public with free accounting software. You have to surf the internet diligently so that you can immediately take advantage of it.

You can find a lot of free things online but you should be warned about scams. There are dishonest websites that tell surfers they offer free accounting software that are downloadable. The site will ask you to provide personal information on their registration forms and then ask for the number of your credit card. Legitimate websites that offer free accounting software will not request for any personal information.

Reading dancing with the tiger learning sustainability step

Good luck in finding an accounting job. Make a comprehensive resume so that your application is easily noticed. You see, every year, different colleges and universities produce accounting graduates. You have to be competitive enough so that you can land a job. If you just sit around and wait, nothing will happen. If you want a job, act now.

Collection of pieces of evidence is very important and also its documentation. Courtroom proceedings use the documented papers. Aside from that, forensic accountants also prepare the needed reports for the effective management of the concerned company or enterprise and reports for the litigation parties or agencies. In court proceedings, forensic accountants testify to provide depositions based on their findings.

Various agencies and companies hire the services of forensic accountants. Most of them are included in the agency staffs of law enforcements and criminal investigations. Criminals are prosecuted based on the money trail tracked by the accountants. CPA firms also have available forensic accountants in their staff to assist partnership and shareholder disputes, employee theft or fraud, business loss, and issues of professional negligence. Insurance companies also hire the services of forensic accountants to investigate some insurance claims.

Revenge dancing with the tiger learning sustainability step

Contact the company now. You can easily check out their online website. There you can find all the information you may need. The website is user-friendly and so you can easily maneuver in and out of the site. You can get all the important information like telephone numbers, email address, and a lot more. If you live in Tulsa, you can always visit the company's office. It has branches all over the nation but if you can't find one locally, you can just call them.

Don't worry because your call will be confidential and the company will not just give out your information to others. Accounting Principals is a reputable name that you can trust. The company already have a lot of clients and so you can also trust them.