

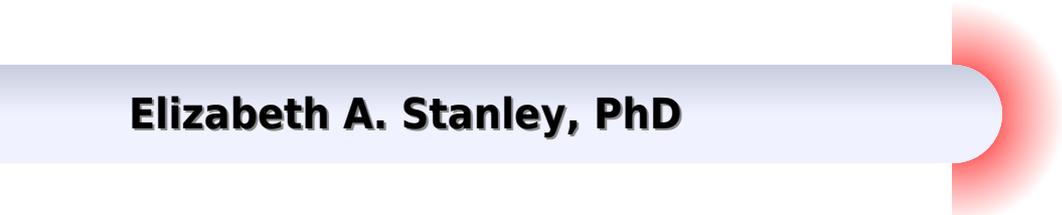
A woman with long brown hair in a ponytail, wearing a light blue tank top, black leggings, and purple sneakers, is captured in a walking motion on a blue patterned mat. The background is a light blue wall with a white baseboard. To the right, there is a potted plant with large green leaves in a white pot. The text 'WALKING' and '2 MILES' is overlaid in white serif font.

# WALKING

## 2 MILES

# Walking Workout In The Us Setup

**Elizabeth A. Stanley, PhD**



## **Walking Workout In The Us Setup:**

*Widen the Window* Elizabeth A. Stanley, PhD, 2019-09-24 I don't think I've ever read a book that paints such a complex and accurate landscape of what it is like to live with the legacy of trauma as this book does while offering a comprehensive approach to healing from the foreword by Bessel van der Kolk. A pioneering researcher gives us a new understanding of stress and trauma as well as the tools to heal and thrive. Stress is our internal response to an experience that our brain perceives as threatening or challenging. Trauma is our response to an experience in which we feel powerless or lacking agency. Until now, researchers have treated these conditions as different, but they actually lie along a continuum. Dr. Elizabeth Stanley explains the significance of this continuum, how it affects our resilience in the face of challenge, and why an event that is stressful for one person can be traumatizing for another. This groundbreaking book examines the cultural norms that impede resilience in America, especially our collective tendency to disconnect stress from its potentially extreme consequences and override our need to recover. It explains the science of how to direct our attention to perform under stress and recover from trauma. With training, we can access agency even in extreme stress environments. In fact, any maladaptive behavior or response conditioned through stress or trauma can, with intentionality and understanding, be reconditioned and healed. The key is to use strategies that access not just the thinking brain but also the survival brain. By directing our attention in particular ways, we can widen the window within which our thinking brain and survival brain work together cooperatively. When we use awareness to regulate our biology this way, we can access our best, uniquely human qualities: our compassion, courage, curiosity, creativity, and connection with others. By building our resilience, we can train ourselves to make wise decisions and access choice even during times of incredible stress, uncertainty, and change. With stories from men and women, Dr. Stanley has trained in settings as varied as military bases, healthcare facilities, and Capitol Hill, as well as her own striking experiences with stress and trauma, she gives readers hands-on strategies they can use themselves, whether they want to perform under pressure or heal from traumatic experience, while at the same time pointing our understanding in a new direction.

*Creating Digitally* Anthony L. Brooks, 2023-12-02 This book of 21 chapters shares endeavors associated to the human trait of creative expression within and across and between digital media in wide-ranging contexts, making the contents perfect as a course study book. Uptake within related educations globally located chapter authors share their comprehensive, artisan perspectives from works associated with regional cultures, diversities of interpretations, and widespread scopes of meanings. Contents illustrate contemporary works reflecting thought-provoking comprehensions, functions, and purposes, positioned as contributing toward shifting of boundaries within the field. Original to this approach is the reflective offerings on creating digitally beyond typical psychological analysis reportage. The book's general scope and key uses are thus to contribute to scholarly discussions toward informing future projects by having an intended wide readership, including from within educations to artisans and wider interested public. Chapter 7 is available open access under a Creative Commons Attribution 4

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**Retirement Surprises** Jeffrey Webber,2024-01-15 A basic question is what can we do to prepare for the unexpected so that we can continue to live our current lifestyle during retirement There are so many possibilities for disruption And these disruptive influences can come from a variety of sources beyond simply financial implications They can readily include medical marital events and dealing with dependent children It so very critical to create that plan for retirement Not only will that plan keep you active allow you to pursue your passions encourage self reinvention and happiness but also it will assist you in preparing for the unexpected By nature we may assume that surprises during retirement are of a negative nature However surprises that start out negative can readily lead to positive changes

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