Cervical cancer the essential guide need2know books 52 (Read Only)


**Cholesterol**

2020-07-27

cholesterol the essential guide is the ultimate guide to help you manage your cholesterol levels and reduce your risk of cardiovascular disease discover what you really need to do to decrease levels of oxidized cholesterol and maintain a healthy cardiovascular system using everyday foods and lifestyle adaptations learn how changing your carbohydrate intake may have more impact than adapting your fat intake add phytosterols to your diet to reduce cholesterol or simply follow the therapeutic eating plan for maximum results whether you want to know which foods to eat and what to avoid or learn more about natural alternatives to cholesterol lowering medication this book provides the know how

**Breast Cancer**

2020-07-27

breast cancer is the most common cancer in women in the uk there are approximately 45 000 new cases every year a new diagnosis can be very frightening and many people will have no prior knowledge of the disease this book is for women and their families who are looking for a comprehensive but plain language guide to breast cancer and its treatments many people find that doctors although highly qualified and well meaning can forget how little the layperson knows about medical procedures and terminology starting with the basics this guide will look at what breast cancer is and how it s diagnosed right through to support options the treatment available and how to care for your carers the emotional after effects of being a survivor are also covered in detail written by a survivor of breast cancer and peer reviewed by a breast cancer specialist this book will provide everything women need to know about breast care being diagnosed with breast cancer and the road to recovery

**Autism**

2020-07-24

for parents to discover their child has autism it can be a frightening and confusing time this handbook has been written to address the many questions you will have the author hilary hawkes knows first hand the difficulties facing parents of autistic children chapter by chapter the book explores the different types of autism including causes early signs and related conditions it answers
questions such as how can i help my child what support is available and how will my other children be affected this is the essential introduction to autism providing practical advise from professionals and other parents of autistic children whether you re a parent carer or teacher this essential guide delivers with optimism all you need to know about autism and how to support an autistic child

Irritable Bowel Syndrome

2020-07-28

as many as one in five people will suffer from irritable bowel syndrome at some point in their lives the condition which can affect people differently has been described as baffling and frustrated sufferers have been labelled hypochondriacs with up to date information and the latest facts this practical book covers everything you need to know about living with ibs in the 21st century in an easy to read style 15 chapters explore the causes symptoms and treatments for ibs including accessible explanations of the digestive system and its relationship with the brain there are useful suggestions for stress management recipes to calm different symptoms and a whole section dedicated to ibs in women this is the ultimate guide for anyone who has been suffering in silence is looking to find out more or wanting to support someone with ibs gain the understanding to make the necessary changes and have good digestive health

Down's Syndrome

2020-07-27

finding out that your child has down s syndrome can be a time filled with worry and confusion what does it mean for other members of the family what adjustments will have to be made this guide explains in straightforward language what exactly down s syndrome is how to accept the diagnosis and move forward and what support is available should you need it parents can use the book to find out what educational provisions are available how to cope with new family dynamics and what can be done in the future to help a child with down s syndrome live happily and achieve their potential providing expert information along with sources of support this book is essential reading for all parents and carers of a child with down s syndrome

Asthma

2020-07-24

between 8 and 10 of children and 5 of adults suffer with asthma a long term condition asthma is a common disease of the airways caused by inflammation resulting in symptoms of breathlessness cough and wheeze this informative easy to read guide is written for those readers who are affected by this debilitating and sometimes serious condition if they their child or someone they know has recently been diagnosed with asthma this book will provide them with practical information and advice to help gain speedy control of symptoms and in turn improve quality of life this book explains the diagnosis and symptoms of asthma and looks at how it affects all age groups there is also a
detailed section describing the differing treatment options another part focuses on how to use inhalers effectively one chapter offers advice on how to recognise an asthma attack and how to deal with it understanding asthma is the key to gaining control of the symptoms and enjoying life

**Bowel Cancer**

2020-07-28

bowel cancer is the third most common cancer in the uk affecting more than 37 000 people however with early diagnosis the condition can be managed effectively to allow patients to lead as normal a life as possible for as long as possible this book will inform and help those who have been diagnosed with bowel cancer their family and friends and those who simply want to know more about the condition the book will contain practical advice and information on treatment choices and how to cope on a daily basis for healthy individuals it also gives valuable information about how you can reduce the risk of developing bowel cancer and useful tips on healthy eating and lifestyles written by a freelance medical author this book aims to provide a reassuring and sensitive resource of information for use during a time when a person with a cancer diagnosis has so much to think about people often say their time with their cancer specialists is limited and full of complicated terminology this book aims to supplement this information written in an easy to understand way

**Prostrate Cancer**

2020-07-27

generally affecting men over the age of 50 there are around 47 000 cases of prostate cancer are diagnosed each year in the uk there is currently no screening programme for the disease and the symptoms could be quite easily ignored as they don t tend to cause too many problems in the early stages prostate cancer is the most common male cancer in the uk this essential guide provides straightforward information on the disease from what the prostate is and how to recognise the symptoms of the condition to what happens during screening and diagnosis and the treatments available presented in an informative but conversational way the book is aimed primarily at men who have just been diagnosed with prostate cancer but anyone wanting further information on the condition can use it all the medical issues are covered in an easy to follow way together with sections that deal specifically with the emotional effects of the disease and strategies you can use to help your body fight the cancer

**Weight Training For Men**

2020-07-27

weight training is an essential part of every exercise programme it can help you to build a leaner stronger physique as well as supporting fat loss goals exactly how to achieve these results in a safe and effective way however can be a little more confusing there s no shortage of advice around but it can be difficult and time consuming to sift through it and work out what s most applicable to you this
book explains the step by step process of devising your own weight training programme helping you to understand the reasons behind the best route to success basic exercises including illustrations weight training for weight loss weight training for physique weight training for strength or sport more advanced training and plateaus nutrition and diet supplements and injuries

**Insomnia**

2020-07-24

as many as two in five people will suffer from insomnia at some point in their lives lack of sleep will decrease your ability to function affecting your physical wellbeing mental health and increase your risk of accidents with the latest advice and information from professionals this comprehensive guide covers everything you need to know about insomnia there are clear explanations of the sleep process and the symptoms of insomnia allowing the reader to identify the key causes to their condition the book goes on to provide an easy to read explanation of the treatments available including complementary therapies and how to create a restful sleep environment there is also a chapter designated to parents of teenagers with advice on recognising a problem and tips on approaching the subject whether you or someone you care for has trouble sleeping this is the essential guide for anyone that needs a good night s sleep

**Cervical Cancer**

2020-07-28

awareness of cervical cancer has grown in recent years and many women are looking to find out more it is estimated that 3 000 women in the uk are diagnosed with the cancer each year this book aims to help women of all ages find out more about testing for cervical cancer understanding how important it is to go for regular check ups and overcoming the physical and emotional challenges cervical cancer can bring written in a sensitive straightforward manner the book guides women through the entire process from check ups to diagnosis treatment and aftercare there is also an extensive list of sources of help and support if you re supporting a partner daughter or friend through cervical cancer or just want to know more about gynaecological health and check ups this guide will provide you with the sound sensitive advice you need

**How to Pass Exams**

2008

exams are a feature of everyone s lives and can often seem daunting the author guides both parents and students through the minefield of exams coursework essay writing revision plans the final weeks before the exam and even the exam day itself are all discussed
what s in this book open this book and you will improve communication foster development establish goals encourage success learn how to be a mentor understanding mentoring the mentoring process successful mentoring relationships skills for successful mentors and mentees common pitfalls the benefits of mentoring advice about giving advice bringing it to a successful close sample page spread what are bullet guides the answers you need now clear and concise guides in a portable format information is displayed in an easy to read layout with helpful images and tables bullet guides include all you need to know about a subject in a nutshell get right to the point without wading through loads of unnecessary information

Start Your Dream Business

do you harbour dreams of being your own boss and doing something that you are truly passionate about do you have a great idea on the back burner but fear giving up the security of a regular salary start your dream business reveals the journeys and secrets of people who took that first scary step towards their dream and set up their own businesses through these inspirational stories the authors show and analyse how these individuals from all over the world achieved entrepreneurial success filled with instructive case studies practical advice and coaching tips this book guides the reader through the many stages of starting a business avoiding the common mistakes and overcoming the obstacles that stand in the way for all those who feel unfulfilled at work who feel that their creativity is not utilised not appreciated start your business proves that with the right mindset and the right skills anyone can make that change they ve been dreaming of to go from day job to top dog

Supporting Children with Learning Difficulties

how do you teach history to a child who can t remember what she had for dinner what difference will it make to a child s counting skills if you place the objects in a line rather than dropped randomly on the table will breaking down a task into smaller steps help a young person learn how to dress himself children with learning disabilities do not follow set patterns of learning and yet often they are expected to learn in the same way as their non disabled peers christine turner draws on 25 years experience gained from teaching children with severe profound and multiple disabilities to provide an introduction to learning disabilities and the effect they have on the individual and the family she proposes holistic strategies to ensure that every child makes progress regardless of the extent of their disability all aspects of learning from the simplest forms of non verbal communication to the way ict can motivate and inspire are explored in this practical and informal guide for anyone wanting to support a child with learning difficulties
Diabetes

2020-07-27

diagnoses of diabetes are on the rise across the UK. It is a chronic condition and living with it requires an understanding of what it is and how to treat it. With good advice and some understanding of what you’re eating and the effect it has on your blood sugars, as well as a healthy dose of discipline, you can find a balance between having a chronic condition and having a happy, healthy life. This book will look at what the diabetic condition is, the difference between type 1 and type 2, how you become diabetic, the types of medication available, and how you can manage it. Information and advice is also included for parents with diabetic children. Whether you have just been diagnosed with diabetes or work, teach, or live with someone who has the condition, this book will arm you with all the essential facts you need to know about the condition.

HIV & AIDS

2020-07-27

There are now more people living with HIV in the UK than ever before. In 2015, an estimated 101,200 people in the UK were living with HIV, 13 of whom were unaware of their infection. More than 6,000 people were newly diagnosed with HIV in 2015. This book can help people recognize signs and symptoms of HIV and AIDS. It can also help people identify and avoid risky behaviors that may lead to an HIV infection. Seeking to remove the unknown from this mysterious disease, this book clears up what HIV is and how it is identified and treated. It also explains other sicknesses you can get when you are HIV-positive. Most importantly, it talks about how to stay well and live a productive life after finding out that you are HIV-positive. It is a helpful resource not only for people who have been diagnosed with HIV or AIDS but also for their friends and family members.

Manual of Dietetic Practice

2019-06-26

The authoritative guide for dietetic students and both new and experienced dietitians endorsed by the British Dietetic Association, now in its sixth edition. The bestselling manual of dietetic practice has been thoroughly revised and updated to include the most recent developments and research on the topic. Published on behalf of the British Dietetic Association, this comprehensive resource covers the entire dietetics curriculum and is an ideal reference text for healthcare professionals to develop their expertise and specialist skills in the realm of dietetic practice. This important guide includes the latest developments and scientific evidence in the field. New data on nutrition and health surveillance programs, revised and updated evidence-based guidelines for dietetic practice, an exploration of how Public Health England has influenced the field, practical advice on public health interventions and monitoring, a companion website with helpful materials to support and develop learning, written for dietitians, clinical nutritionists, and other healthcare professionals by leading dietitians and other professionals. The manual of dietetic practice continues to provide a crucial resource for experts and novices alike.
A Teen Guide to Eco-Leisure

2014-02

in this book readers learn some of the easy habits and behaviours they can adopt to save energy and waste and still have a good time doing it from gadget use and eco friendly parties to shopping travel and eco holidays back cover

Marisa: the scars that remain

2020-07-28

there is a lot of talk of superfoods antioxidants supplements and getting your five a day at the moment it has become a big focal point with the rise of obesity and conditions such as type 2 diabetes but can a healthy nutritional diet really help prevent or alleviate diseases and how do you know which foods are the right ones to eat the essential guide to food for health is full of practical advice on how to achieve a healthy nutritious diet without breaking the bank including useful meal plans for a range of health conditions if you have an interest in taking a greater control of your health this book will encourage you to become your own food doctor by using food to lower cholesterol alleviate arthritis lower the risk of heart disease improve memory maintain bone and joint health relieve digestive problems and boost your immune system the book also addresses more common problems such as insomnia pms depression allergies skin health and the menopause

Food For Health

2012-09-27

travellers health offers practical advice on preventing and coping with every health problem imaginable authoritatively written by over 70 experts this book is essential reading for all travellers worldwide

Travellers' Health

2019-03-26

this guide will help you to survive and thrive during your degree and on into the workplace everything you do at university can be useful in your career packed with practical hints study tips short cuts real life examples and careers advice the new expanded fourth edition of this book is an invaluable resource throughout your geography earth science or environmental science studies this book provides guidance for successful study on many topics including starting as a student being an effective researcher presenting information effectively in posters presentations essays and reports
time management well being and ethics field and laboratory work assessment and feedback written in an accessible style this guide also explains the role of the academic and how it differs from that of a school teacher it prepares you for the world of work by showing how the skills you learn at university today can be used in your career choice of tomorrow

**Study Skills for Geography, Earth and Environmental Science Students**

2020-07-27

does your child have frequent temper tantrums are they always fidgeting running around screaming or falling over perhaps you teach a child like that if so the chances are they re just being boisterous but for five to ten per cent of children it isn t that simple these are the symptoms of attention deficit hyperactivity disorder adhd so how can you tell the difference and what can you do about it this book guides parents and teachers step by step through the action they need to take giving the reader the answers to all the essential questions knowledge is the key finding out as much as you can is crucial this book is their starting point

**ADHD**

2014-08-12

what is autism really like academic literature often defines autism in a clinical pathology orientated way whereas personal testimony can tell health and social care professionals how it feels this book presents personal accounts from people whose lives have been touched by the day to day realities of autism people with autism professionals who interact with them their parents and their siblings the stories are mostly told straight with brief introductory comments and a few reflections at the end of each chapter as autism programme leader at the university of cumbria for the past 13 years steve mee is uniquely placed to compile such a book he has met and befriended many people with autism and their families through listening to their stories he has had moments of profound challenge and insight in this book he shares these personal narratives and what he has learnt from them reading these accounts will enable professionals to develop a real understanding of what it is like to live with autism in all its nuanced detail this in turn can provide vital insights into the impact both positive and negative of professional interventions

**Lives with Autism**

2017-02-27

successful social work practice is underpinned by knowledge theories and research findings from a range of related disciplines key among which is psychology this timely book offers a grounded and engaging guide to psychology s vital role at the heart of contemporary social work practice the book skilfully addresses some of the central theoretical developments in psychology from an applied
perspective and explains how these make essential contributions to the methods and theory base of social work in ways that foster critical evaluation and promote best practice written by two authors with extensive backgrounds in psychology and social work respectively as well as a deep understanding of the intersections of the two this book delivers a unique synthesis of perspectives and approaches focusing on their application to the lives of individuals and families each chapter contains reflective points and case studies based on contemporary practice realities which are related to the professional capabilities framework for social workers and also to the health and care professions council s standards of proficiency times have never been more challenging for social work and this book will be an invaluable source of professional support within the ever more complex psychological worlds where social work takes place

**Psychology and Social Work**

2020-07-27

half of all western women suffer from the baby blues this is fairly common and usually occurs during the first week following the birth and may only last a day postnatal depression on the other hand is experienced by 1 in 10 women within the first few weeks of giving birth it can last for up to a year after the baby has been born and can be treated in a variety of ways written by someone with first hand experience of postnatal depression this book aims to be authoritative comforting and hopeful it will focus on coping strategies for day to day life how to approach your treatment and where to find support each chapter is standalone so readers can dip in and out making it useful for partners and family members as well the essential guide to postnatal depression will include case studies from women who have overcome postnatal depression partners accounts of the condition and input from health professionals who have specialist knowledge of postnatal depression the important thing to remember is that postnatal depression is a temporary illness this book aims to help families struggling with postnatal depression by giving them the information and support to rise above the illness and create a balanced and happy homelife

**Postnatal Depression**

2017-08-25

this issue of socrates has been divided into five sections the first section is language literature english the paper authored by mehnaz khan and hasnain mashood ali applies goffman s model as a comprehensive approach to analyze the data to understand the role of health in identity formation the findings examined within the context of ideological and cultural background and interpreted in the light of althusser s 1971 ideological framework the paper concludes by stating that identity is the product of social relationships implicitly formed in the ideological background and is a source of motivation and expectations to transform one into social being capable of expressive control the paper authored by amaladhas dr j analyses the consciousness that grew out of the unrelieved suffering and psychological traumas of a group of people who were subjected to overt and covert racism in the usa for about four centuries the second section of this issue is psychology the paper authored by ioanna c bitchava paleologou angie m p chrousos george p artemiadis artemios k and darviri christina is an innovative quasi experimental study whose core aim was not only to investigate the role of stress and stress management on the physical mental and cognitive health of
first year university students during the transition period into the tertiary education system especially in the contemporary greek society but also to apply an innovative stress management technique based on the ancient greek philosophy with contemporary successful effects pythagorean self awareness comparatively to the worldwide classic stress management techniques for the first time worldwide into this target group as well this paper is an issue of great importance the third section of this issue is sociology the paper authored by neha singh and dr neeraj mishra explores the nuances that industrialization is mired with in relation to the rivers associated large infrastructure and rivers attributed sacredness the paper uses the case of river kshipra flowing in the city of ujjain to explain the shifting attribution of sacred from natural things like rivers to materialistic things like money the paper discusses the change in the significance of river during a world famous festival of hindus for holy dip simhastha the paper explains the shift in focus of simhastha from holy dip to crowd control space allocation crass commercialisation and unchecked competition it explains using the theory of sacred and profane of durkheim and eliade how in the modern time s secularisation of religion and sacralization of secular has created the sacred profane distinction which is making the rivers only the source for consumption forgetting their actual significance the fourth section of this issue is politics law and governance the paper authored by dr adesanya olusegun paul and olominu tomi explores some of the responsible variables are a mind body problem alternative thinking and poverty to mention a few these variables are the identified drivers of dimensions of insecurity and or crises that are witnessed in both countries given this the study demonstrates the role of the fugitive youths in the abating terror attacks at the frontiers and within some regions of nigeria and cameroun also the study argues that priority should be accorded to the factors inducing fugitive youths to embrace anti social anti societal behaviours especially terrorism within the nigeria and cameroun the fifth section of this issue is digital government e government electronic government online government the paper authored by alsaeed abraheem and dr carl adams undertakes a comparison of egov strategies among countries at different levels of instability it highlights the different approaches for implementing activities and thus directs policy makers in highly unstable societies to important aspects and to embrace gaps during the implementation process consequently the lessons learned by adopting best practice from different contexts enhances the process of activities development in an unstable environment this paper aims to emphasise on the factors that influenced strategic planning in societies with different levels of stability to adopt eservice successfully this comparison study explores the eservice strategies among three cases namely egov strategy in syria saudi arabia and the united arab emirates the result reveals the approaches that each government had adopted in order to reach their egov potential authors have applied the reinventing government approach by osborne and gaebler 1992 as a theoretical framework by using their ten principles of transforming governments this provides understanding about the context and issues of providing egov services within the three case studies and to what degree each case strategy has an influence on the activities implemented the paper authored by dr tetiana fesenko and dr galyna fesenko aims to outline the role of ict in urban management the digital segment is presented as significant for making cities sustainable and for expanding access to basic services for large numbers of people the matrix of ict tools in relation to sustainable cities development targets is developed the comparative review of digital city intelligent city and smart city is provided the municipal e government data of international ratings are analyzed with the special focus on aspects of online services management the existing digital gaps between cities are pointed out in terms of e governance maturity it is proposed the maturity model of the municipal digital office which it consists eight levels of the functional responsibility for urban online services development
engaging and accessible gendering women explores the constructions of femininity and how they fundamentally affect women's mental well being through the lifecourse drawing on accounts from women of growing up and growing older in the north of england the book shows how experiences of becoming and being a woman in family life education employment motherhood and in the presence of violence both enable and erode self confidence and self esteem the volume draws a critical link between contemporary gender theory and the lived experiences of women today and will appeal to students and scholars in sociology and the broader social sciences

Gendering Women

2022-06-23

an accessible guide for people with ocd and their loved ones featuring self help chapters based on graded exposure therapy

Everything You Need to Know About OCD

2008

it is estimated that around 3.5 million women are using the contraceptive pill as their chosen method of birth control in the uk the majority of these women do not fully understand how the contraceptive pill works or how best to take it to maximise its effectiveness the pill an essential guide is a guide for women everywhere dispelling the myths surrounding the pill and providing women with the information they need to make an informed choice about birth control using expert advice and the latest information the book covers everything you need to know from how the pill works and the different types available to facts about the pill's effectiveness and how to request it common questions are answered and information is included on male oral contraceptives and the emergency contraceptive pill whether you're thinking about using the pill or just want to know more about it this book will arm you with all the crucial information you need to make the right decisions

The Pill

2012

this title is the essential guide to help you manage your cholesterol levels and reduce your risk of cardiovascular disease

Cholesterol
it is estimated that around 450 000 people in the uk have epilepsy making it the most common neurological disorder existing but with the right medication and determination it is possible to lead a happy and healthy life this book will guide you through everything you need to know about this frequently misunderstood condition from diagnosis and the types of treatment available to practical advice on managing epilepsy effectively and coping with it in everyday life the myths surrounding the condition are dispelled and common questions answered benefits driving pregnancy parenthood education and employment issues are covered together with information on caring for an epileptic child whether you have just been diagnosed with epilepsy have lived with the condition for some time or are a parent or teacher wanting to know more this guide will equip you with all the essential facts

Epilepsy

2019-03-05

no matter how cushy their lives dogs live on our terms they compromise their freedom and instinctual pleasure as well as their innate strategies for coping with stress and anxiety in exchange for the love comfort and care they get from us but it is possible to let dogs be dogs without wreaking havoc on our lives as biologist marc bekoff and bioethicist jessica pierce show in this fascinating book they begin by illuminating the true nature of dogs and helping us walk in their paws they reveal what smell taste touch sight and hearing mean to dogs and then guide readers through everyday ways of enhancing dogs s freedom in safe mutually happy ways the rewards they show are great for dog and human alike

Unleashing Your Dog

2018-04-13

get to know your best friend better everyone who owns a dog breeds or trains dogs or works with dogs should read this informative book library journal just think about the different behaviors you see at a dog park we have a good understanding of what it means when dogs wag their tails but what about when they sniff and roll on a stinky spot why do they play tug of war with one dog while showing their bellies to another why are some dogs shy while others are bold what goes on in dogs heads and hearts and how much can we know and understand written by award winning scientist and lifelong dog lover marc bekoff canine confidential not only brilliantly opens up the world of dog behavior but also helps us understand how we can make our dogs lives better rooted in the most up to date science on cognition and emotion fields that have exploded in recent years canine confidential is a wonderfully accessible treasure trove of new information and myth busting peeing we learn isn t always marking grass eating isn t always an attempt to trigger vomiting it s okay to hug a dog on their terms and so much more there s still much we don t know but at the core of the book is the certainty that dogs do have deep emotional lives and that as their companions and trainers we must recognize them as the unique complex individuals they are so we can keep them as happy and healthy as possible bekoff shares his own studies and others research along with real life stories in a winning tone booklist
the Sunday Mirror's former showbiz gossip columnist Zoe Griffin explains how she quit her job and started a blog in order to work less and earn more. In this book, she explains how to get rich blogging and how she has done just that with her Live Like a VIP blog, which generates a six-figure income. There is no need to be a technical wizard—all you need is this book, a laptop, and Internet access. And you too could be blogging your way to wealth and happiness. Contributors include The Clothes Whisperer, the fashion editor at Large, Mumsnet Tech Week, Music News, and Mr. Porter. All financially successful and well-respected bloggers learn how to start a blogging business from scratch, how to create appealing content, choose a web host, attract advertisers, and spread the word.

**Get Rich Blogging**

2009

Suicide and self-harm are worldwide public health issues that can have devastating effects on families, friends, and communities. They are both a priority for anyone working in mental health, social work, emergency departments, and related fields. However, suicidal and self-harming behaviour can take place anywhere and at any time. It may be a pupil in a school, an inmate in a prison, or a colleague or family member. For this reason, this book has been written in a clear, accessible, and practical style for anyone who wants to learn more about working with and preventing suicidal and self-harming behaviour. It identifies common risk and protective factors, as well as specific warning signs of imminent suicidal behaviour, and provides essential communication skills for undertaking a risk assessment. It illustrates how each skill can be used in real-life practice. It looks specifically at the issue of self-harm and suicide in prisons, schools, and emergency departments. It lays out clear strategies for identifying and addressing issues of self-care when working with people who are suicidal or who self-harm. It identifies how we can assist those who are bereaved following the death of a loved one by suicide. Packed with learning outcomes, case scenarios, and reflective questions, this book acts as a toolkit for anyone working in this difficult field.

**The Menopause**

2015-03-04

Dealing with the terrible twos is hard work, even for the easiest of babies. This book will provide you with all of the information and guidance you need to survive this time. It will help you to understand the terrible twos and why they happen. It will help you to cope with your child's emotions, behaviour, and needs during this time. It will help you to balance freedom and limits and other strategies to help your child learn and grow. After all, that is what the terrible twos is all about. Case studies will help parents to realize they are not alone in experiencing problems with a terrible two-year-old. This book will provide support and information on how to find the strategy that works for your child and for you.
there are more than 8 million dogs in the u k and the labradoodle is one of the most popular breeds a dog is for life and this book shows you how to give a puppy a good home and how both dog and owner can enjoy the relationship the book walks the owner through essential things to know including microchips vaccinations insurance weight etc all aspects of care are covered including the labradoodle as a puppy the labradoodle as a teen ager feeding and exercising and dangerous foods to be avoided health issues that might arise such as ear mites ticks and fleas are addressed and a chapter on first aid for your labradoodle is invaluable much more is covered in the book in everyday language that makes it easy to use and understand labradoodles the essential guide is a must for every owner or potential owner of this delightful dog

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