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A Short Introduction to the World of Cryptocurrencies Aleksander Berentsen and Fabian Schär 1 INTRODUCTION Bitcoin originated with the white paper that was published in 2008 under the pseudonym (Satoshi Nakamoto. It was published via a mailing list for cryptography and has a similar appearance to an academic paper.

Self-harm and suicidal behaviors are increasingly common in young people, but are often hidden. A Short Introduction to Helping Children and Young People Who Self-Harm aims to show parents, caregivers and professionals how they can support young people through these difficult times, as well as how to find specialist professional help. The author uses an easy-to-read, jargon free and positive approach to tackle the stigma attached to self-harm and suicidal behavior. This book combines case studies with professional advice to help the reader take the first steps towards helping the young person in need. It advises on how to distinguish between normal adolescent behavior and the signs of mental health problems, while showing how an adult can sensitively communicate with a teenager about the difficult subject. The book also emphasizes the importance of parents and caregivers seeking support for themselves. This book will be an invaluable resource for parents, teachers, youth workers, and others who care for a young person showing signs of self-harm or suicidal behavior.

A short introduction in understanding alchemy, its history and the theories behind it.

Increasing numbers of children and young people are presenting for treatment of an eating disorder, but there are many different types and they are often confused, making it difficult to know what support to offer. This easy-to-read guide presents all the vital information on a range of eating disorders: anorexia nervosa, bulimia nervosa, selective eating, and avoidant and restrictive intake disorders. Each eating disorder is clearly defined, making it easy to draw distinctions between them. The book covers their origins, characteristics and typical development, letting teachers and parents know what signs to look out for. There is practical advice on how to help young people, strategies for overcoming common difficulties, as well as information on available treatments. Vignettes feature throughout to help teachers and parents apply knowledge to real-life situations. This is an essential resource for teachers and parents of children and young people with eating disorders.

Self-harm and suicidal behaviours are increasingly common in young people, but are often hidden. It can be hard to know what might be causing a young person to self-harm, and how to help and support them. Practical and easy to read, A Short Introduction to Understanding and Supporting Children and Young People Who Self-Harm guides the reader through what self-harm is, how to recognise it, and how best to respond. It combines case studies with professional and practical advice, covering all aspects from warning signs and treatment to communication and how the family is affected. The book also emphasizes the importance of parents and carers seeking support for themselves. This book is an invaluable source of information and guidance for parents, teachers, youth workers, and others who care for a young person showing signs of self-harm or suicidal behaviour.

From the philosophy of Aristotle and Confucius, to Thomas Aquinas' Summa Theologiae, to the paintings of Raphael, Botticelli and many more, fascination with the virtues has endured and evolved to fit a wide range of cultural, religious, and philosophical contexts through the centuries. This Very Short Introduction introduces readers to the various virtues: the moral virtues, the intellectual virtues, and the theological virtues, as well as the capital vices. It explores the role of the virtues in moral life, their cultivation, and how they offer ways of thinking and acting that are alternatives to mere rule-following. It also considers the relationship of the virtues to our own emotions, desires, and rational capacities. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

Psychology is part of everyone's experience: it influences the way we think about everything from education and intelligence, to relationships and emotions, advertising and criminality. People readily behave as amateur psychologists, offering explanations for what people think, feel, and do. But what exactly are psychologists trying to do? What scientific grounding do they have for their approach? This Very Short Introduction explores some of psychology's leading ideas and their practical relevance. In this new edition, Gillian Butler and Freda McManus explore a variety of new topics and ways of studying the brain. Until recently it was not possible to study the living human brain directly, so psychologists studied our behaviour, and used their observations to derive hypotheses about what was going on inside. Now - through neuroscience - our knowledge of the workings of the brain has increased and improved technology provides us with a scientific basis on which to understand the structure and workings of the brain, and allows brain activity to be observed and measured. Exploring some of the most important advances and developments in psychology - from evolutionary psychology and issues surrounding adolescence and aggression to cognitive psychology - this is a stimulating introduction for anyone interested in understanding the human mind. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

"In his clear and accessible style, Colby Pearce defines the value and significance of resilience as an essential aspect of psychological survival. He traces the origins of resilience in the early relationships which shape our emotional and social development and describes processes and responses that enhance resilience for children who have had a less than adequate start in life. This is a valuable book for anyone involved in children's emotional well-being, from parents and community to schools and policy makers."-Heather Geddes, Educational Psychotherapist and author of Attachment in the Classroom This is a short, accessible guide to promoting resilience in children. Resilience helps children to cope with adversity and 'stand on their own two feet', which can be crucial to their development, well-being, and future independence and success in adulthood. The author covers three key factors that affect resiliency: vulnerability to stress and anxiety, attachment relationships and access to basic needs. For each, the author gives practical advice and strategies, such as how to regulate children's stress and anxiety, how to encourage and maintain secure attachments, and how to assure children that their needs are understood and will be met. The model presented will help parents and carers ensure their children grow up happy, healthy and resilient. This book will be invaluable for parents, carers and practitioners in supportive roles caring for children. JKP Short Introductions JKP Short Introductions are the perfect starting point for any parent or professional who is caring for children or young people. Covering a range of key issues relating to mental health and well-being, these clear and easy-to-read books are packed with practical advice, tips and real-life examples. They are ideal for anyone working to help children to overcome problems and to develop healthy, happy and confident lives.

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