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Make Space Create Space
Creating the International
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Creating Space How to Create
a Relevant Public Space
Creating a Space to Grow
Creating a Space to Grow
Creating a Transnational Space
in the First Year Writing
Classroom Do Inhabit Build
YOUR Space: How to Create an

Accessible Home for You, Your
Family and Your Future
Creating Space in the Fifth
Estate Women and the Making
of Built Space in England,
1870-1950 Space Planning
Basics The International Space
Station Making Space My Book
Of Magical Stories Comic Book
Edition My Creative Space
Making Sense of Space Making
Space, Clutter Free A Writer's
Space Creating Space How to

Make Space Making Space for
Women Raising Voices:
Creating a Safe Space for Girls
to Speak Out Creating Space
for Democracy Design the
Home You Love Advancing DEI
and Creating Inclusive
Environments in the Online
Space The Cosmic Book of
Space, Aliens and Beyond
LEGO Space Making European
Space Make Space to Lead
Creating Space Space 2.0

Building a Home in Space How to Make a House a Home Creating Sacred Space with Feng Shui

Eric Maisel provides an original approach to creativity that focuses on having both a mental and physical space in which to create. It gives authors with writer's block a personal creativity coach to help spark their imagination. Home is where we make space for our senses to come alive - and come to rest. Somewhere that is both restorative when we need to be, and inspiring when we need to do. Yet so often, we settle into a place without considering how the things around us affect our

mood and ability to get things done. Do Inhabit will help you to create a home (and work space) that invites connection and creativity. With room-by-room guides and an emphasis on nature as a source of inspiration - regardless of the size of your space, you will discover: A few simple rules of interior design The importance of evoking all five senses Lessons from the Japanese art of forest bathing How to style your objects, hang art and lay a supper table Styling those places you inhabit is not about trends, it is about creating a space that is meaningful to you. Less noise, more Earth. Less house, more home. We're on the cusp of new era in the

great adventure of space exploration. More than a half-century ago, humanity first hurled objects into space, and almost 50 years ago, astronauts first walked on the moon. Since then, we have explored Earth's orbit with shuttles, capsules, and space stations; sent robots to Mars, Venus, Mercury, Jupiter, Saturn, and Uranus; sampled a comet; sent telescopes into orbit; and charted most of our own planet. What does the future hold? In Space 2.0, space historian Rod Pyle, in collaboration with the National Space Society, will give you an inside look at the next few decades of spaceflight and long-term plans for exploration,

utilization, and settlement. No longer the exclusive domain of government entities such as NASA and other national agencies, space exploration is rapidly becoming privatized, with entrepreneurial startups building huge rocket boosters, satellites, rocket engines, asteroid probes, prospecting craft, and even commercial lunar cargo landers to open this new frontier. Research into ever more sophisticated propulsion and life support systems will soon enable the journey to Mars and destinations deeper in our solar system. As these technologies continue to move forward, there are virtually no limits to human spaceflight and robotic

exploration. While the world has waited since the Apollo lunar program for the next "giant leap," these critical innovations, most of which are within our grasp with today's technology, will change the way we live, both in space and on Earth. A new space age—and with it, a new age of peace and prosperity on Earth, and settlement beyond our planet—can be ours. Speaking with key leaders of the latest space programs and innovations, Pyle shares the excitement and promise of this new era of exploration and economic development. From NASA and the Russian space agency Roscosmos, to emerging leaders in the private

sector such as SpaceX, Blue Origin, Moon Express, Virgin Galactic, and many others, Space 2.0 examines the new partnerships that are revolutionizing spaceflight and changing the way we reach for the stars. Comic books aren't just for superheroes. Does your child love writing their own stories and drawing their own pictures? The pages in this book are in a comic book format. Let their imaginations run wild as they make up their own stories. There's even a contents page for them to list all the stories they have written. Each page has comic book style boxes 8 x 10 inches 8" x 10" Encourages creativity Come explore an incredible

LEGO® universe in LEGO Space: Building the Future. Spaceships, orbital outposts, and new worlds come to life in this unique vision of the future, built completely from LEGO bricks. A selection of step-by-step building instructions will have you constructing your own cosmic creations to play with at home. Marvel at interstellar battlecruisers, space pirates, charming robots, and other stunning builds from an amazing future! From the creation of the Manned Spacecraft Center to the launching of the International Space Station and beyond, *Making Space for Women* explores how careers for women at Johnson Space

Center have changed over the past fifty years as the workforce became more diverse and fields once closed to women--the astronaut corps and flight control--began to open. Jennifer M. Ross-Nazzal has selected twenty-one interviews conducted for the NASA Oral History Projects, including those with astronauts, mathematicians, engineers, secretaries, scientists, trainers, managers, and more. The women featured not only discuss leadership, teamwork, and the experiences of being "the first," but reveal how the role of the working woman in a predominantly white, male, technical agency has evolved. The narratives

highlight the societal and cultural changes these women witnessed and the lessons they learned as they pursued different career paths. Among those included are Joan E. Higginbotham, mission specialist aboard the Space Shuttle Discovery; Natalie V. Saiz, first female director of the Human Resource Office; Kathryn Sullivan, the first American woman to walk in space; Estella Hernández Gillette, the deputy director of the center's External Relations Office; and Carolyn Huntoon, the first woman director of the Johnson Space Center. *Making Space for Women* offers a unique view of the history of human spaceflight while also

providing a broader understanding of changes in American culture, society, industry, and life for women in the space program. The women featured in this book demonstrate that there are no boundaries or limits to a career at NASA for those who choose to seize the opportunity. *Creating Space in the Fifth Estate* explores what is new and valued about the digital media environment. The deep and far-reaching changes that are being wrought by the digital revolution are as radical in their effect as the impact of the industrial revolution was in the nineteenth century. While the long-term significance of these changes is uncertain, the

nature of the power of differing forms of media offers interesting possibilities for research, as does the potential for a new mainstream space that shares characteristics with older loci of power. This space is not, as this book suggests, merely a space for journalistic endeavors, as shown by contributions here examining a diverse range of communication practices and forms including blogs, journalism, social media, digital literary magazines, disruptive twitter campaigns, and online music production. The book asks a number of questions. What exactly is the fifth estate? What are the power structures that exist there? What is the

relationship between the fourth and fifth estates? What do we lose and what do we gain in that transition? How does the fifth estate change various forms of communication? How does the fifth estate constitute new communities and social movements? What about traditional forms that are still finding their niche in the new world? What actions do we as communicators and communication scholars now need to engage with? Why is it important? *Creating Space in the Fifth Estate* is accessible to scholars and students in a range of academic disciplines, including communication and media studies, sociology, cultural studies, and the arts. It

will also appeal to those who work in the media and communication industries. *Raising Voices: Creating a Safe Space for Girls to Speak Out* guides the reader through a unique creative process that successfully helps teenage girls discover ways to better understand the issues and overcome obstacles that affect their lives and their communities. The book explains how the authors started and built their own program for girls; gives explicit, step-by-step instructions for organizing and implementing a program for girls; and offers stories and writing examples that illustrate how teaching artists,

counselors, and teen participants collaborate to make art and, in the process, strengthen the participants' autonomy and sense of self. Are you looking for ways to create an accessible space to live in? Perhaps you plan to build or renovate, or you need some tips and ideas to help you stay in the home you love? Accessibility is so much more than just grab bars in bathrooms! Whether you are creating a space that works for you, your client or your loved one, *Build YOUR Space* helps you make decisions that will allow for reduced physical energy needs, improved safety during everyday activities, increased independence and

the preservation of dignity. *Build YOUR Space* "walks" you through the process of planning an accessible space, from a single bathroom to a whole home. You will learn how the big decisions, like windows and flooring can make as much of an impact as the small details of counter height and door handles. *Build YOUR Space* will help you customize your space to fit your personal requirements. For those who build, renovate and design new buildings, Julie will help you save time and money by doing it right the first time. Using her own home as an example, interviews from experts and further ideas from unconventional accessible

spaces, *Build YOUR Space* highlights all the tips and tricks that you didn't know you needed to know. Julie Sawchuk is an Accessibility Strategist, certified by the Rick Hansen Foundation Accessibility Certification(R) program. As a published author and professional speaker, she combines her lived experience with her passion for helping people make smart decisions when planning for accessibility. Julie has helped plan the renovations of small century-old buildings on the mainstreet of her hometown, as well as the design of the newly constructed Blyth Cowbell Brewing Co. Two Canadian International Airports have

become RHFAC certified with Julie's help and major Ontario cities have also come calling. Julie's home is a showcase of how accessibility is not just functional, but also beautiful. Diversity and inclusion are vital practices in today's educational environments, both online and in-person. Implementing inclusive practices to support student development is critical to ensure they receive the best possible education and feel comfortable in the classroom. With the current shift to online teaching and learning, it is especially important to consider how diversity and equity are promoted in these new technological spaces.

Advancing DEI and Creating Inclusive Environments in the Online Space considers the process of creating a caring and inclusive teaching and learning environment in online postsecondary institutions by addressing key issues such as creating sites of collaboration and engagement, ensuring and proactively delivering resources and student support, and developing hallmarks of inclusivity to support online course design and faculty development. Covering a range of topics such as strategic planning, social change, and assessment, this reference work is ideal for administrators, higher education faculty, researchers,

scholars, practitioners, academicians, instructors, and students. Cut the clutter, live better with less, give yourself headspace, and enjoy life more. *Create Space* shows you how taking steps to clear and simplify your living space can also clear your mind, improve your relationships, and enhance your wellbeing. This room-by-room guide to organising and decluttering your home includes ideas, advice, tips and techniques that are practical and functional as well as beautiful. Turn chaos into calm with step-by-step methods that you can adapt and sustain for your own needs. When you stop allowing your life to revolve around

things that don't matter, you instantly gain energy to focus on the things that do. Reclaim your space, your time, and your mind right now, to reorganise your living space into a place of sanctuary. A comprehensive, highly readable account of complex, technical, political and human endeavor and a worthy successor to *Creating the International Space Station* (Springer Praxis, January 2002) by David Harland and John Catchpole. This volume details for the first time the construction and occupation of the International Space Station from 2002 through to 2008, when it should reach American "Core Complete". As the most obvious man-made object in the

night sky, clearly visible to the naked eye, the International Space Station is of interest to almost everyone. Richly illustrated with around 100 figures this is the first book to describe the technical aspects of its design and construction and details of its day-to-day operation. The text relates the orbital assembly on a flight-by-flight basis, listing all the experiments in NASA's laboratory and explains their objectives. By offering a comprehensive mix of operational work, microgravity, science and future plans, it will satisfy both the space enthusiast, eager for a detailed review of the missions, and the specialist wishing to learn

more about this science programme. During the first twenty years of the new millennium, many scholars turned their attention to translanguaging, an idea that focuses on the merging of language in distinct social and spatial contexts to serve unique, mutually constitutive, and temporal purposes. This volume joins the more recent shift in pedagogical studies towards an altogether distinct phenomenon: transnationalism. By developing a framework for transnational pedagogical practice, this volume demonstrates the exclusive opportunities afforded to freshmen writers who write in transnational spaces that act as

points of fusion for several cultural, linguistic, and national identities. With reference to recent works on translanguaging and transnationalism, this volume is an attempt to conceptualize effective writing pedagogy in freshman writing courses, which are becoming more and more transnational. It also provides educators and first year writing administrators with practical pedagogical tools to help them use their transnational spaces as a means of achieving their desired learning outcomes as well as teaching students threshold concepts of composition studies. This volume will be particularly

useful for first year writing faculty at colleges and universities as well as writing program administrators to create a more effective curriculum that addresses these needs in classroom settings. All scholars with a doctorate in Rhetoric and Composition, English as a Second Language, Translation Studies, to name a few, will also find this a valuable resource. Provides simple and effective techniques on how to create harmony and abundance by clearing and enhancing home and workplace energies, and explains the link between inner peace and the buildings in which we live. Original. Making European Space

crystallises and critically examines the key policy ideas emerging in the new field of European spatial planning, and explores the arguments surrounding policy themes such as polycentric development, sustainability, Creating Space by Niki Schafer is a step-by-step guide to how to design a calm, sane, outrageously gorgeous home and family-life. Inspiring and practical in equal measures it takes you on a journey through the seven spaces of your home creating rooms that work on many levels - aesthetically (outrageously gorgeous), emotionally (calm) and psychologically (sane). This isn't just another pretty interior

design book, Creating Space is a guide to understanding how you and your family think and feel. And the design tools taught are as much about family dynamics and the wellbeing of your family as they are about the practical side to creating a home. Niki Schafer is an interior designer, NLP coach and speaker who has lived in more than 100 homes - from New York to Nicaragua to Henley-on-Thames. She runs her own design practice, Dwell-Being, based on the principle of merging design with wellbeing. 48 Techniques to Boost Your Creativity at Home, According to Science Creativity isn't all in your head. Sometimes it's in what's around you—especially

when you're at home. For over twenty years, scientists have been discovering connections between our physical surroundings and the creative mind. Written by a noted architect, My Creative Space is the first book to turn this rich trove of psychological research into practical techniques for shaping a home that will boost your creativity. Here's a sampling of the techniques you'll learn about: Which colors lead to peak creative performance How furniture affects idea flow Pros and cons of messy versus neat environments Optimal lighting and noise levels for achieving insights How memorabilia can break creative logjams Why

ceiling height matters Which scents improve creative problem solving And more Illustrating the book's 48 techniques are over 200 high-quality photos of interiors from around the world, many the work of top-tier architects, designers, and creatives. Whether you pursue creativity for pleasure or profit, whether you're a writer, entrepreneur, work in a creative industry, or simply enjoy doing creative things, this book will help you do them better. No prior expertise in design psychology required! *Winner, 2019 Gold Medal Award, Nonfiction Authors Association More than just a stylish design book: The founder of Parachute Home

teaches you how to design a home that's not only beautiful but mindful, functional, and uniquely you. A house is a structure that provides shelter. A home tells the story of who you are. How to Make a House a Home guides your discovery of what is most important to you in achieving warmth and comfort as well as a functional space. Explore the possibilities of creating an environment that is uniquely yours—one that welcomes, nurtures, and inspires. Parachute founder Ariel Kaye meets you wherever you are, with actionable tips and advice on how to match purpose with style. Here is everything you need to bring mindful choices into your home

to make it completely you, from color palettes to organization, house plants to furniture. Whether you want to update your bedding, redo your living room, or take on the whole house, enjoy the remarkable journey of making your house your home. "How can places you go to other than your workplace or your home, such as libraries, idea hubs, cultural centres, parks, start-up cafés and other indispensable public spaces, so-called 'third places,' make a valuable contribution to a vital society, now and in the future? 'How to Make a Relevant Public Space' answers these questions from different angles, based on the five most important developments within

the public space."--Back cover. The book provides tools for visualizing space and walks the designer through other considerations such as building code requirements and environmental control needs. The use of Virtual Worlds (VWs) has increased in the last decade. VWs are used for communication, education, community building, creative arts, and more. A good deal of research has been conducted into learning and VWs, but other areas remain ripe for investigation. Factors from technological platforms to the nature and conventions of the communities that use VWs must be considered, in order to achieve the best possible

interaction between virtual spaces and their users. Making Sense of Space focuses on the background to these issues, describing a range of case studies conducted by the authors. The book investigates the innovative and creative ways designers employ VWs for research, performance-making, and audience engagement. Secondly, it looks into how educators use these spaces to support their teaching practice. Lastly, the book examines the potential of VWs as new methods of communication, and the ways they are changing our perception of reality. This book is structured into four chapters. An introduction provides a history and outline

of important themes for VWs, and subsequent chapters consider the design of virtual spaces, experience of virtual spaces, and communication in virtual spaces. Written by two experienced academics and practitioners in the field, offering different perspectives Uses a multidisciplinary approach, drawing on: education; scenography; performance studies; disaster management; and computer science Provides multiple viewpoints on the topic, gained through interviews and contributions from a range of experts, as well as several co-authored chapters This book takes a look at what a space home might look like and what

it would take to live on Mars-- the Red Planet (or any other place in space, for that matter). From the Mars ice home of the future to a make-your-own project, this book will enthrall and inspire readers and future engineers. "This isn't another Kondo-clone, because she dives into the heart of why decluttering is so difficult."—Booklist, STARRED Review Discover the freedom of a beautiful home, personal purpose, and joyful inner confidence Decluttering expert Tracy McCubbin offers revolutionary help to anyone who has repeatedly tried to break their clutter's mysterious hold. Her powerful answer lies in the 7 Emotional Clutter

Blocks, unconscious obstacles that stood between thousands of her clients and financial freedom, healthy relationships, and positive outlooks. Once a Clutter Block is revealed—and healed—true transformation of home and life is possible. Her empowering techniques and strategies help you: Recognize and overcome your Clutter Block(s) to liberate your home. Lighten and purge without the rigidity of the other methods. Use your home to attain life goals like health, wealth and love. It's time to break through your Clutter Blocks and discover the lasting happiness waiting for you on the other side! Additional Praise for Making Space, Clutter Free:

"What sets Tracy McCubbin apart is her kind and empathetic approach to organizing—she truly understands the psychology behind peoples' attachment to things."—Patricia Heaton "In Making Space, Clutter Free Tracy offers a realistic approach to managing your belongings. Instead of prescribing perfection, she understands our individual differences require individual strategies—and that it doesn't always need to be rational."—Cait Flanders, bestselling author of The Year of Less "If you are determined to encourage creativity and provide a collaborative environment that will bring out

the best in people, you will want this book by your side at all times." —Bill Moggridge, Director of the Smithsonian's Cooper-Hewitt National Design Museum "Make Space is an articulate account about the importance of space; how we think about it, build it and thrive in it." —James P. Hackett, President and CEO, Steelcase An inspiring guidebook filled with ways to alter space to fuel creative work and foster collaboration. Based on the work at the Stanford University d.school and its Environments Collaborative Initiative, Make Space is a tool that shows how space can be intentionally manipulated to ignite

creativity. Appropriate for designers charged with creating new spaces or anyone interested in revamping an existing space, this guide offers novel and non-obvious strategies for changing surroundings specifically to enhance the ways in which teams and individuals communicate, work, play--and innovate. Inside are: Tools--tips on how to build everything from furniture, to wall treatments, and rigging Situations--scenarios, and layouts for sparking creative activities Insights--bite-sized lessons designed to shortcut your learning curve Space Studies--candid stories with lessons on creating spaces for

making, learning, imagining, and connecting Design Template--a framework for understanding, planning, and building collaborative environments Make Space is a new and dynamic resource for activating creativity, communication and innovation across institutions, corporations, teams, and schools alike. Filled with tips and instructions that can be approached from a wide variety of angles, Make Space is a ready resource for empowering anyone to take control of an environment. How can making space transform the way you work and live? Many high-achieving professionals believe that we must continually drive

ourselves to work harder to gain the success we desire. But the reality is that we've trapped ourselves within this pattern of busyness and overwork. If you've ever felt burned out, overwhelmed, anxious and unsatisfied in your work life, it's imperative to make space to figure out what truly fulfills you. From her twenty-two years of experience in Silicon Valley, award-winning design leader and international speaker Tutti Taygerly shows readers how you can design your best professional and personal lives using the design process of research, ideation, and focused experiments. Make Space to Lead shares ideas, stories, and

experiments from leaders at the top technology companies and startups. Insights include: - The Cult of Achievement: how to break the business cycle and why accomplishing more won't bring you the validation you seek. -It's okay to exhale. You need a break from the constant to-do list and milestones and make room for creativity and flow. Pausing and slowing down your thinking actually makes you stronger-How to develop self-awareness to see the recurring patterns in your work life. With this superpower, you can decide which patterns to keep and which ones to experiment with breaking. -As a surfer, Tutti shares how surfing as a


metaphor balances the achievement and flow needed to be a leader in business and your own life. This book will be your hands-on guide to research, create experiments, and take action on what matters for your leadership. 3, 2, 1...blast off! Are you ready to journey out of this world to discover what lies beyond? From space pirates and surfing aliens to galactic shark ships and mysterious planets, strap in for the ultimate cosmic activity adventure. Grab your pencils, Earthlings. Let our mission commence! This interdisciplinary collection explores the relationships between women and built space in England between the

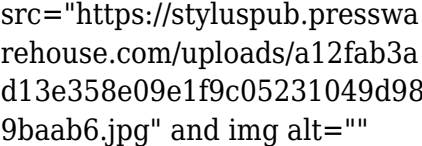
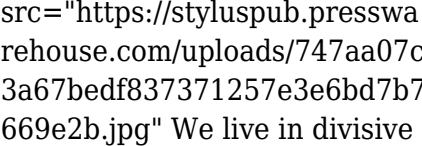
1870s and the 1940s. Included are East End rent collectors, tenants, diarists and correspondents, committee and Guild members, provincial and metropolitan exhibitors, social reformers, activists, and homemakers. Taken together, these essays dramatically expand our conception of the scope and effectiveness of women's contributions, both to the creation of modern built environments, and to the development of discourses associated with them. Foreword by Sir Arthur C Clarke. Space exploration began with model and toy rockets. History shows that the greatest Rocketeers began their careers flying model

rockets. Now in this book the story of the space race is told in dazzling colour. From the birth of models to the present day the toy rockets have often inspired the real rockets of the future. In fact model manufacturers like Revell and Aurora were frequently in trouble with the defence department for revealing military secrets! This is the Story of the Space Age, and uses the models to illustrate the way history twisted and turned to put us where we are today -- and maybe how space travel will develop in the future. Processes of Creating Space is a workbook for beginning designers that shows how to generate space with

user experiences in mind. It explains how to keenly perceive your world and seamlessly integrate architectural representation into your design process. The book uses two main strategies, blending the design process with material processes and media techniques and 'experiential typologies' - emphasising first-hand experience of space. Five highly experimental assignments explore the interwoven relationship between design process and design tools, to help you learn when to incorporate writing, architectural photography, macro photography, orthographic projection, perspective projection, hand-

drawing, CAD, mass modelling, hot wire foam cutting, 3D modelling, multi-part plaster mold making, slip casting, plaster casting, paper casting, monocoque shell structures, working with latex, concrete, twine pulp, full-scale prototyping and more.

Illustrated with more than 350 color images, the book also includes a section on material fabrication techniques and a glossary of technical terms. An eResource containing downloadable essays, stop-motion videos, sample schedules, and supplementary information can be found here: www.routledge.com/9781138903685 Published in Association with 

 src="https://styluspub.presswarehouse.com/uploads/a12fab3ad13e358e09e1f9c05231049d989baab6.jpg" and  src="https://styluspub.presswarehouse.com/uploads/747aa07c3a67bedf837371257e3e6bd7b7669e2b.jpg" We live in divisive and polarizing times, often remaining in comfortable social bubbles and experiencing few genuine interactions with people who are different or with whom we disagree. Stepping out and turning to one another is difficult but necessary. For our democracy to thrive at a time when we face wicked problems that involve tough trade-offs it is vital that all citizens participate fully in the process. We need to

learn to listen, think, and act with others to solve public problems. This collaborative task begins with creating space for democracy. This book provides a guide for doing so on campus through deliberation and dialogue. At the most basic level, this book describes collaborative and relational work to engage with others and co-create meaning. Specifically, dialogue and deliberation are processes in which a diverse group of people moves toward making a collective decision on a difficult public issue. This primer offers a blueprint for achieving the civic mission of higher education by incorporating dialogue and deliberation into

learning at colleges and universities. It opens by providing a conceptual framework, with leading voices in the dialogue and deliberation field providing insights on issues pertinent to college campuses, from free speech and academic freedom to neutrality and the role of deliberation in civic engagement. Subsequent sections describe a diverse range of methods and approaches used by several organizations that pioneered and sustained deliberative practices; outline some of the many ways in which educators and institutions are using dialogue and deliberation in curricular, co-curricular, and

community spaces, including venues such as student centers, academic libraries, and residence halls. All of the chapters, including a Resource Section, provide readers with a starting point for conceptualizing and implementing their own deliberation and dialogue initiatives. This book, intended for all educators who are concerned about democracy, imparts the power and impact of public talk, offers the insights and experiences of leading practitioners, and provides the grounding to adopt or adapt the models in their own settings to create educative spaces and experiences that are

humanizing, authentic, and productive. It is an important resource for campus leaders, student affairs practitioners, librarians, and centers of institutional diversity, community engagement, teaching excellence and service-learning, as well as faculty, particularly those in the fields of communication studies, education, and political science. [Click here](#) for more information on AAC&U and Campus Compact. From the co-founders of Havenly comes “a perfect read for anyone looking to infuse more personality and style into their space—on their own time and budget, and in their own unique way” (Rachel Zoe). “Not only do Lee and

Emily unpack all their tips for creating a space that looks as good as it feels, but they do it in a way that is made for real-life application.”—Bobby Berk, design expert and host of Netflix’s *Queer Eye Interior* design can be daunting, and as a result, many of us never even attempt to design our own homes. In *Design the Home You Love*, Havenly founders Lee Mayer and Emily Motayed break down the ambiguous world of home design. First you learn how to identify your own style (whether you’re a fan of Parisian Modern or California Casual) and then how to incorporate furniture that matches your style and fits your budget. *Design the Home*

You Love takes you step-by-step and room-by-room through each part of the house to help you fulfill your home’s potential. Whether you’re looking to give your home a complete makeover, spruce up your rental apartment, or merely take your living room from blah to fab, Lee and Emily bring fresh ideas, advice, and inspiration to the table. Illustrated with eye-catching photography and livable inspiration from real-life clients, this is the interior design book that finally makes it possible for us all to achieve our design goals. This book is for all early years practitioners who want to make changes to an outdoor play area. With

strategies and activities for enhancing outdoor play, this practical guide enables practitioners to recognise the true value of outdoor spaces to a child’s educational development. Packed full of strategies and activities for enhancing outdoor play, this practical guide will enable practitioners to recognize the true value that outdoor spaces can have on a child’s educational development. Often life seems to be about having or achieving more, but what happens when we choose less? Discover the joys of simplicity and moderation with practical exercises to clear your home, calendar and mind. Through fascinating anecdotes

and intriguing vignettes, *How to Make Space* reveals how people throughout history and around the world have embraced a simpler life, from Buddhist monks to Swedish Lagom and modern minimalism. Be inspired to follow their example and reap the benefits of more time, more clarity, more joy, more space. Find peace and calm amid the busyness of your life with this new book by Zen Master Thich Nhat Hanh. Designed to be both inspiration and guidebook for those new to mindfulness practice, *Making Space* offers easy-to-follow instructions for setting up a breathing room, listening to a bell, sitting, breathing, and walking

meditations, and cooking and eating a meal in mindfulness. Whether you live alone or with a family, this beautifully illustrated book can help you create a sense of retreat and sanctuary at home. Argues for an interactionist approach to spatial development that incorporates and integrates essential insights of the Piaget, Nativist, and Vygotskian approaches. A Financial Times Business Book of the Month Take control of your life and create space to succeed We're used to feeling stressed, rushed and overwhelmed. At work and at home there are endless calls on our attention and time. We're constantly playing catch-up. But if we want to perform

optimally, and reach our full potential, we must learn to pause and create space in even the busiest day. Informed by over a decade of hands-on experience as a coach at the most senior levels of business, this book shows how to push back against the tide and create space in your life to think, relate and act on a deeper level. Learning to focus, manage time, and take control of your mental and physical space is the first step in developing and excelling in anything. This book shows how to do just that, drawing on real-life examples and the best of both classical and cutting-edge psychological and behavioural thinking. Each chapter contains

models, tools and tips that have been used effectively in some of the world's biggest organisations, and which will allow you to set your strategy, raise your productivity and create meaningful change for lasting success. " ... Visionary yet practical blueprint of how we can settle new planets and reach new stars."--Jacket.

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