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The Present Moment in Psychotherapy and Everyday Life (Norton Series on Interpersonal Neurobiology) "O'Reilly Media, Inc."

While most psychotherapies agree that therapeutic work in the 'here and now' has the greatest power to bring about change, few if any books have ever addressed the problem of what 'here and now' actually means. Beginning with the claim that we are psychologically alive only in the now, internationally acclaimed child psychiatrist Daniel N. Stern tackles vexing yet fascinating questions such as: what is the nature of 'nowness'? How is 'now' experienced between two people? What do present moments have to do with therapeutic growth and change? Certain moments of shared immediate experience, such as a knowing glance across a dinner table, are paradigmatic of what Stern shows to be the core of human experience, the 3 to 5 seconds he identifies as 'the present moment.' By placing the present moment at the center of psychotherapy, Stern alters our ideas about how therapeutic change occurs, and about what is significant in therapy. As much a meditation on the problems of memory and experience as it is a call to appreciate every moment of experience, *The Present Moment* is a must-read for all who are interested in the latest thinking about human experience.

A Quick Pocket Reference for a Utility Every Unix User Needs Wayne State University Press

Endlich der ersehnte Urlaub! Es ist Weihnachten und Vater, Mutter, Kind fliegen nach Thailand. Im Club unter 400 Deutschen erlebt die österreichische Kleinfamilie die drolligsten Abenteuer, es gibt Kartoffelsuppe, S ä nger Sash sitzt am Nebentisch und Mutter Susanne kommt aus dem Staunen nicht mehr heraus. Der ersehnte Badeurlaub zu Weihnachten in Thailand soll der ganzen Familie etwas bringen. Das Kind soll neue Kulturen kennenlernen. Der Gatte zur Ruhe kommen und Kr ä fte sammeln. Wenige Tage vor Weihnachten wurde seine Firma verkauft. Aber ein echter Betriebsrat l ä sst sich nicht absch ü tteln. Der Kampf beginnt, aber auch erste Zweifel tauchen auf und die Frage: Kann man mit Mitte 40 nochmal ganz neu durchstarten? Als DJ? Mutter Susanne freundet sich mit immer mehr Hotelg ä sten an, besonders die G ä ste aus Sachsen haben es ihr angetan, der gemeinsame Dialekt verbindet. Und dann w ä re auch noch die beste Freundin, frisch geschieden und neu auf Tinder, ihre t ä glichen Updates per Whatsapp regen Susanne so richtig auf. "Die Menschheit fliegt ins All. Aber die Sache mit den Strandliegen hat noch keiner schlau in den Griff gekriegt." Österreicher und Deutsche, alles Walzer, alles Club, alles inklusive! Das urkomische Urlaubsreisebuch f ü r Daheimbleiber (und aber auch Fortflieger!).

NUR DIE LIEGE ZÄHLT Milena Verlag

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W. W. Norton & Company

grep Pocket Reference is the first guide devoted to grep, the powerful Unix content-location utility. This handy book is ideal for system administrators, security professionals, developers, and others who want to learn more about grep and take new approaches with it -- for everything from mail filtering and system log management to malware analysis. With grep Pocket Reference, you will: Learn methods for filtering large files for specific content Acquire information not included in the current grep documentation Get several tricks for using variants such as egrep Keep key information about grep right at your fingertips Find the answers you need about grep quickly and easily. If you're familiar with this utility, grep Pocket Reference will help you refresh your basic knowledge, understand rare situations, and work more efficiently. If you're new to grep, this book is the best way to get started.

Urban Folklore from the Paperwork Empire

Anyone who has ever filled in a form in triplicate, taken an aptitude test, or been rebuffed by a form letter will appreciate the urban folklore found in this collection. Urban people as a folk are bound together by their unhappy experiences in battling "the system," whether that system is the machinery of government or the office where one works. The wonderfully expressive materials in this book—chain letters, memoranda, notices, and cartoons—touch upon every major controversy of urban America: racism, sex, politics, automation, alienation, welfare, the women's movement, military mentality, and office bureaucracy. The humor of the materials pinpoints the ills and frustrations of modern society and becomes, in turn, an escape from them.

Work Hard and You Shall Be Rewarded

[grep Pocket Reference](#)