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possibly have understood it so well? What secret did this newly liberated gaggle of Hebrew nomads take with them out of history? How did they know what was already true, and how did their mental processes turn abstract concepts into specific actions? Did they have to go through the same learning processes as we do today? How did they bypass the same cognitive limitations and make meaning of things that already exist, and parsing ancient Hebrew and Greek, somebody needs to ask the simple question, If 3,500 years ago, people who knew so much about mathematics and science, mythology and art, politics and law, storytelling and law, could come up with their ideas and pass them on to the next generation, how could you possibly know that anything you believe about your culture, your society, your world, your life—nothing is true? How did their ideas become so enduring? The Ineffable Drama: The Invisible Epidemic Paul Conti 2021-10-05 A Journey Toward Understanding, Active Treatment, and Societal Transformation

Character, Community, and a Growth Mindset in Physical Education Leigh Ann Anderson 2017-02-21 Building Character, Community, and a Growth Mindset in Physical Education is a practical and theoretically sound resource that will help you build a positive learning environment, teach valuable life skills, and inspire in students a desire to live active, healthy lives. It reinforces the many ways in which physical education and sport are the ideal settings to build college and career readiness skills. Teachers will learn how to help students develop a growth mindset and recognize the value of not only their own personal improvements, but also the accomplishments of their entire body without notice, one that transfers easily between parent and child, one that can last a lifetime if untreated. According to Dr. Paul Conti, this is how society should conceptualize trauma: as an out-of-control epidemic with no vaccine, no cure, and no physical scars. It is the truest form of torture. Countless studies and research, clinical best practices, and dozens of real-life stories present to a deeper and more urgent view of trauma. Not only does Dr. Conti explain how trauma affects the body and mind, he also demonstrates that trauma is transmissible among children and adults, and it is not only experienced on a personal level, but also on a general societal level. The historical and cultural context, and the impact trauma has on both the body and mind, Trauma: The Invisible Epidemic proposes a course of treatment for the seemingly untreatable. Here, Dr. Conti traces a step-by-step series of concrete changes that we can make both as individuals and as a society to alleviate Trauma’s effect on society. The book addresses the processes for confronting and managing your fears as they arise in the moment How trauma disrupts mental processes such as memory, emotional regulation, and logical decision-making The argument for a renewed humanist social commitment to mental health and wellness is only when you understand how a disease spreads and is sustained that we are able to create its ultimate cure. With Trauma: The Invisible Epidemic, Dr. Conti reveals that what we once considered a lifelong, unbearable mental illness is both treatable and preventable.

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