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Wei, 2020-01-09 The Handbook of Translation and Cognition is a pioneering state of the art investigation of cognitive approaches to translation and interpreting studies TIS Offers timely and cutting edge coverage of the most important theoretical frameworks and methodological innovations Contains original contributions from a global group of leading researchers from 18 countries Explores topics related to translator and workplace characteristics including machine translation creativity ergonomic perspectives and cognitive effort and competence training and interpreting such as multimodal processing neurocognitive optimization process oriented pedagogies and conceptual change Maps out future directions for cognition and translation studies as well as areas in need of more research within this dynamic field **Built to Last: Lifelong Fitness After 40** Michelle Grain, Built to Last Lifelong Fitness After 40 is your ultimate guide to embracing strength vitality and well being well beyond your prime years Designed specifically for those entering their 40s

and beyond this book breaks down myths busts through barriers and delivers practical sustainable strategies to help you build a body and life that lasts a lifetime Whether you re a fitness novice or a seasoned mover Built to Last offers science backed workouts nutrition wisdom and mindset shifts tailored for the unique needs of the over 40 body Say goodbye to quick fixes and hello to lasting health energy and confidence at every age *The Healthy Writer* Joanna Penn,Euan

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Hywel,AI,2025-01-27 Nature Strolls The Science and Joy of Short Walks in the Natural World reveals how brief daily walks outdoors can profoundly enhance mental clarity physical health and ecological connection Bridging environmental psychology and exercise physiology the book dismantles the myth that meaningful nature engagement requires grand efforts showing instead that 15 minute strolls reduce cortisol levels by 15% boost creativity and strengthen immune function through exposure to phytoncides chemicals emitted by trees It highlights studies on Attention Restoration Theory explaining how natural settings refresh overstimulated minds while practical tips make these benefits accessible to urban dwellers

caregivers and those with mobility challenges The book's strength lies in merging science with actionable steps organized into three pillars: mental renewal, physical vitality, and environmental stewardship. Chapters progress from debunking wellness myths to offering strategies like identifying urban biodiversity or adapting walks to seasonal constraints. Unlike fitness guides prioritizing intensity, *Nature Strolls* champions moderation, framing walks as sustainable acts of self-care and civic responsibility. By integrating peer-reviewed research with relatable anecdotes, it appeals to eco-conscious readers seeking realistic ways to combat sedentary lifestyles and ecological disconnection, one revitalizing step at a time. **Dynamic**

Balance Tsz Chiu Chan, Yat Kwan Wong, 2022-01-04 Athletes and fitness warriors in the West are constantly looking to train and recover better. They gain muscle mass through weight training but find that their sports performance suffers. They reach a target weight by following a strict diet but feel bloated or tired. They appear to be in great shape but consistently underperform because of mental stress. We need to know how to balance the different training variables available to us in order to achieve and sustain optimum fitness and performance in our lives. In *Dynamic Balance*, authors Andy Tsz Chiu Chan and Stella Yat Kwan Wong show why the rigors of Western approaches to training often create imbalances in our physical and mental health. They explain traditional Chinese medicine (TCM) principles and techniques in simple terms and demonstrate how incorporating TCM into our lifestyle and workouts can help us perform at our best and be at our healthiest. TCM is not a myth or weird alternative to real medicine but an ancient practice that's based in science and relevant to us today. In this book, you'll learn how to evaluate the current state of your body and figure out your constitution type, find the root causes of your imbalances, adapt your diet and workouts, strengthen your breathing and develop harmony in your movements, make better informed decisions about your health. Your body and fitness needs are dynamic and always changing as are the situations in the world around you. *Dynamic Balance* will show you how to adjust your training, diet, and mentality to improve your performance, live a healthier life, and reach your goals. **The Hot Belly Diet** Suhas G.

Kshirsagar, 2015-12-29 From an internationally recognized physician who combines Eastern and Western medicine, a groundbreaking diet and total body health plan centered on digestive balance and metabolic transformation. The complaints that Dr. Suhas hears on a daily basis, from high body weight, low energy, and poor sleep to headaches, unexplained congestion, and depression, all have a surprising common denominator: a weak digestive fire. Drawing on traditional Indian practices and principles, *The Hot Belly Diet* shows you how to optimize your digestive powers to foster rapid weight loss and vibrant health. At the core of this three-phase diet, the most important meal of the day is a dish called *khichadi* (pronounced *kitch-a-dee*), a completely nutritious but incredibly easy-to-make meal that helps clear out your *ama* (or the digestive sludge that antagonizes weight loss, provokes hormonal imbalances, and ultimately triggers inflammation, the root cause of virtually all disease). This unique book also explains what foods are incompatible (milk and eggs, for example), why the sensation of hunger is essential, and how to time your meals throughout the day to avoid snacking. *The Hot Belly Diet* changes your relationship with

food to make healthy eating and living effortless Whether you re suffering from a chronic condition looking to prevent future illness or just want to feel your best every day The Hot Belly Diet will re establish your body s natural balance creating a thinner healthier and happier you **Move Better, Eat Smarter, Live Happier** Joseph A. Meier,2018-01-08 What can we really control throughout our lifetime that may have an impact on our health The answer to an extent is a lot We can shape our environment to better deal with roadblocks We can control how and how much we move We can control what we choose to put into our mouths We can choose the attitude and outlook we take with us each day We can choose to let motivation elude us or figure out new ways to regain it We can choose who we spend most of our time with and the influence those people have on the decisions we make with or without them around Many people feel helpless when it comes to balancing these factors It doesn t have to be difficult for it to last It just has to be done in small manageable steps Learn apply evaluate and adjust MOVE Better EAT Smarter LIVE Happier Joseph A Meier

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