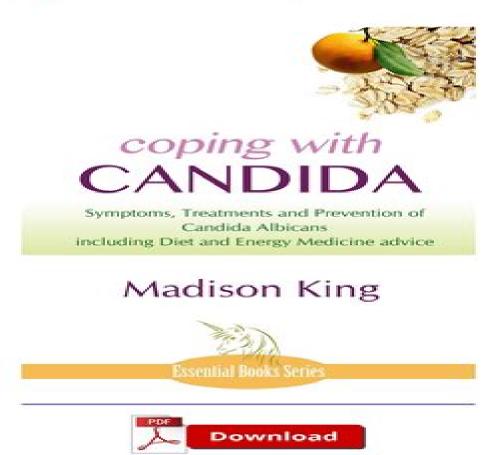
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Barbara Baker

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Someone who needs to know where you are or what you are doing Or maybe you work with a control freak Even though you ve got the talent this person takes all the limelight and can t let go enough to let you get on with your job Control freaks come in all shapes and sizes Often they happen to be the people we love Your friends and family may say Why don t you just leave them but it s not always that simple especially if you still love the person and have good times together This book looks at how and why controlling patterns develop in relationships and what you can do about it if you re in the middle of one Topics include why people become control freaks what it's really like to live or work with one understanding how a control freak ticks how to live with a control freak without losing yourself in the process living with a controlling partner boss colleague or child and what to do if you re the control freak a comprehensive self help section Pressure Christine Craggs-Hinton, 2011-01-01 High blood pressure is expected to rise by 24% affecting one in three of the world's adult population by 2025 according to a study of more than 700 000 people at the Tulane University School of Public Health and Tropical Medicine in Los Angeles As it is it is already a fact of life for around half of people in the UK over 65 and for some 70% of those in their 70s High blood pressure has a strong correlation with obesity and diabetes levels of which are also soaring and is strongly linked to lifestyle factors such as lack of exercise fatty diets and high salt consumption The good news is that even minor lifestyle modifications can be beneficial This book looks at how to lower blood pressure without medication as far as possible while acknowledging that drugs may have a vital part to play Topics include The dangers of high blood pressure A healthy diet and reducing obesity The importance of exercise Managing stress Other lifestyle measures eg smoking and complementary therapies The Fibromyalgia Healing Diet Christine Craggs-Hinton, 2021-06-24 Fibromyalgia is a painful chronic condition which can result in symptoms such as fatigue pain insomnia IBS or depression However debilitating your symptoms eating the right foods can stimulate healing at a fundamental level The Fibromyalgia Healing Diet gives nutritional advice based on sound research on how to address dietary imbalances including information about osteoporosis the importance of vitamin D and the correct balance of carbohydrates protein and fat for people with fibromyalgia The author writes as someone with fibromyalgia and this book explains exactly what it means to have the condition as well as why diet is such an important aspect of treatment There is advice on essential nutrients and on substances to avoid as well as supplements to help There is a simple achievable detox programme and a wealth of delicious easy to cook recipes to help you treat the cause of the condition not just the symptoms and to reclaim your life How to **Beat Worry and Stress** Dr. David Delvin, 2011-03-17 A certain amount of worry and stress can be energising They may act as a natural warning system when something is wrong and can help people meet deadlines and complete tasks High levels of both are however counter productive and all too common Generalised Anxiety Disorder GAD is believed to affect some two million people in the UK while the World Health Organisation estimates that half of all cases go undiagnosed These figures put anxiety only second to depression as a mental health problem Topics covered in this book include What is normal worry

and when is it useful e g sitting an exam completing a work assignment signs and symptoms of excessive worry and stress tackling worry and stress analysing the problem accepting uncertainty developing problem solving skills including prioritising and time management the value of exercise helps release serotonin diet e g eliminating sugar caffeine and alcohol relaxation and breathing when worry gets out of hand what to do if you need help treatment cognitive behavioural therapy medication support groups Living with IBS Nuno Ferreira, 2012-07-19 If you have Irritable Bowel Syndrome IBS you re not alone it affects up to 20 per cent of the population in the Western world In fact it is so widespread that some specialists have called it the common cold of the gastrointestinal illnesses Medical treatments are only moderately effective and many experts now agree that the focus should be on improving quality of life for people with this condition Living With IBS uses the principles of Acceptance and Commitment Therapy ACT to help people overcome the distress associated with IBS and to live a more vital and fulfilling life Natural Treatments for Arthritis Christine Craggs-Hinton, 2011-03-17 More than nine million people in the UK have arthritis and there are over 200 kinds of rheumatic disease While it is not clear what causes arthritis or what might cure it plenty can be done to take control of symptoms and improve quality of life Natural Treatments for Arthritis looks at the range of options available It examines the range of supplements recommended for arthritis and how far they are really likely to help It also explores the controversial area of diet **Chronic Fatigue** Syndrome Megan A. Arroll, 2014-07-17 Chronic Fatigue Syndrome CFS ME affects around 250 000 people in the UK and an estimated one million in the USA With a characteristic profile of severe exhaustion flu like symptoms and unrefreshing sleep it has no cure but often improves with treatment and self help This book by an expert who herself experienced chronic fatigue presents the latest thinking on the condition along with tried and tested advice on how to manage it

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