

Contessa Office Chair Manual

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For Andre Dubus, "the quotidian and the spiritual don't exist on different planes, but infuse each other. His is an unapologetically sacramental vision of life in which ordinary things participate in the miraculous, the miraculous in ordinary things. He believes in God, and talks to Him, and doesn't mince words. He believes in ghosts . . . He is open to mystery, and of all mysteries the one that interests him most is the human potential for transcendence." So wrote Tobias Wolff seven years ago, about Andre Dubus's Broken Vessels, and that insight describes perfectly the twenty-five pieces in this powerfully moving new collection, a continuation of Dubus's candid, intensely personal exploration into matters of morality, religion, and creativity. Since that first book of essays, written after the 1986 accident that cost him his leg and, for a time, the ability to write, Mr. Dubus has published Dancing After Hours, a unanimously heralded book of stories "at once harrowing and exhilarating" (Time). Here is Dubus on the rape of his beloved sister, his first real job, a gay naval officer, Hemingway, the blessing of his first marriage, his dear friend Richard Yates, his own crippling, lost autumnal pleasures, having sons and grandsons, his first books, meeting a woman who witnessed his accident, the Catholic church, and, of course, his faith. A writer of immense sensitivity, vulnerability, and thoughtfulness--a master at the height of his talent--whose work "is suffused with grace, bathed in a kind of spiritual glow" (New York Times Book Review).

A biographical dictionary of notable living women in the United States of America.

From the founder of the influential website Career Contessa, an invaluable career resource for women feeling stuck or unfulfilled that combines actionable advice, learning tools to make impactful life changes, and an in-depth discussion of how to build a meaningful career on your terms. With her popular website Career Contessa, Lauren McGoodwin built an audience of ambitious, professional, millennial women who thought they did everything right—they got the degree, the internship, and even the promotion—but still wondered why they felt stuck and unfulfilled. The first site of its kind to focus on the unique, complex aspects of women's careers, Career Contessa offers women the smart advice they deserve, in a voice that resonates. Drawing on the insights and lessons developed from Career Contessa, Power Moves is the essential handbook that helps professional women truly feel understood so they can bypass perfection and planning and head straight to evolving. McGoodwin addresses young professionals' number-one concern: career transitions and growth, and engages them with specific goals, including: What is a Power Move and why they matter Cutting out comparison, shame, and self-loathing How to abandon the elusive "dream job" Embracing your inner questioner, your inner quester, and your inner-quitter Making money moves and taking control of your financial future Tuning out from the noise and tuning into your voice Power Moves is filled with the information, guidance, advice, and essential tools, (including helpful graphics) that can help women take decisive, bold steps without self-doubt and fear, Power Moves shows women how to build a successful career on their own terms.

The focus of this book is on functional seating, and the key argument presented is that functional seating needs to assist the person using it for the performance of seated tasks, enhance rather than detract from the person's posture and health, and it needs to provide aesthetic features that do not limit task or health. The book spans the period 3000BC to 2000AD and presents largely Western seating. This book is unique in its approach to seating because it draws together evidence that relates to seating that facilitates health and task while also addressing aesthetic factors. This evidence creates an understanding of how seats may be designed to not only promote bodily health but also allow functional optimisation of sitting and seating. This book is important to furniture and industrial designers, interior decorators, architects, those teaching seat design, health professionals attending and educating those who relax or work in the seated position, furniture historians, and members of the general public interested in the history of seating.

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In private life, we try to induce or suppress love, envy, and anger through deep acting or "emotion work," just as we manage our outer expressions of feeling through surface acting. In trying to bridge a gap between what we feel and what we "ought" to feel, we take guidance from "feeling rules" about what is owing to others in a given situation. Based on our private mutual understandings of feeling rules, we make a "gift exchange" of acts of emotion management. We bow to each other not simply from the waist, but from the heart. But what occurs when emotion work, feeling rules, and the gift of exchange are introduced into the public world of work? In search of the answer, Arlie Russell Hochschild closely examines two groups of public-contact workers: flight attendants and bill collectors. The flight attendant's job is to deliver a service and create further demand for it, to enhance the status of the customer and be "nicer than natural." The bill

collector ' s job is to collect on the service, and if necessary, to deflate the status of the customer by being "nastier than natural." Between these extremes, roughly one-third of American men and one-half of American women hold jobs that call for substantial emotional labor. In many of these jobs, they are trained to accept feeling rules and techniques of emotion management that serve the company ' s commercial purpose. Just as we have seldom recognized or understood emotional labor, we have not appreciated its cost to those who do it for a living. Like a physical laborer who becomes estranged from what he or she makes, an emotional laborer, such as a flight attendant, can become estranged not only from her own expressions of feeling (her smile is not "her" smile), but also from what she actually feels (her managed friendliness). This estrangement, though a valuable defense against stress, is also an important occupational hazard, because it is through our feelings that we are connected with those around us. On the basis of this book, Hochschild was featured in *Key Sociological Thinkers*, edited by Rob Stones. This book was also the winner of the Charles Cooley Award in 1983, awarded by the American Sociological Association and received an honorable mention for the C. Wright Mills Award.

Collection of Leacock's comic writings. Includes such classic stories as the man who is seized by fear as he opens a bank account; the awful case of the young man who dies because he cannot tell a lie; the astonishing tale of the baby who ate thirteen Christmas dinners, and many other tales that have become part of the world's comic literature.

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