

Recent Psychology - December 2023

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Threshold / Batthyany, Alexander
Scribe Publications, Australia 2023
256 pages, 23cm
9781761380808
\$ 39.99 / null
320 gm.

The first major account of terminal lucidity- the remarkable return of clarity and cognition at the end of life.

Terminal lucidity is a relatively common but poorly understood phenomenon. Near the end of life, many people - including those who have suffered brain injuries or strokes, or have been silenced by mental illness or deep dementia - experience what seems a miraculous return. They regain their clarity and energy, are able to talk with families and caregivers, recall their lives and often appear to be aware of their nearing death.

In this remarkable book, cognitive scientist and director of the Viktor Frankl Institute Dr Alexander Batthyany offers the first major account of terminal lucidity, utilising hundreds of case studies and his research in the related field of near-death studies to explore the mind, the body, the nature of consciousness, and what the living can learn from those who are crossing the border from life to death.

Astonishing, authoritative, and deeply moving, Threshold opens a doorway into one of life's - and death's - most provocative mysteries.

<https://www.marymartin.com/web?pid=857681>

Hospital Bullies in the Philippines Clerkship and Residency Training – A Book of Discernment for Physicians, Nurses and Psychologists, Volume 3: Modern Pontius Pilates, Incompetent Mentors, and Perpetrators of Incivility / Erwin L. Manzano

Central Book Supply, Inc., Philippines 2023

1v.
Includes Index
9786210221855
\$ 40.00 / null
450 gm.

The author wrote Volume 3 as a mode of discerning the incompetent hospital leaders and consultants who erred by omission in promoting rapport between trainees and mentors, and who failed to impose discipline to bully physicians. Volume 3 empowers the demoralized and dejected clerks, interns, and residents to assert their rights against hospital bullies and incompetent leaders inside the training system, and to give them hope and inspiration as they ascend from clerkship to consultancy. Volume 3 was not written to bully the hospital bullies, otherwise it will defeat the author's genuine purpose of reforming the present status of Philippine medical education.

<https://www.marymartin.com/web?pid=859876>

Workplace Well-being in the Philippines: A Guidebook / Ma. Tonirose D. Mactal,
Emerald Jay D. Ilac & Jaimee Felice Caringal-Go

BlueBooks, Manila, Philippines 2023

xiv, 310p.

Include Index

9786214483150

\$ 25.00 / null

500 gm.

This book serves as a resource for organizations to approach their systems and structures with employee well-being at the forefront. It begins with an overview of workplace mental health in the country—how we as a society, as organizations, and individuals approach and grapple with the concept. From there it provides a guide for implementing well-being initiatives and policies on the organizational and individual levels. From this book readers will glean insights from a macro to a micro perspective, and hopefully come away with the tools to equip their own workplaces with mental health best practices.

<https://www.marymartin.com/web?pid=861258>

Unstoppable / Darling, Stew

Ocean Reeve Publishing 2023

332 pages, 23cm

9781923061644

\$ 44.99 / null

495 gm.

Unstoppable is not just a book-it's a manifesto for those who refuse to settle for mediocrity. Drawn from the author's own extraordinary experiences and deep insights, every page pulses with electrifying energy, propelling you towards the life you've always dreamed of. Are you ready to embark on a journey of self-discovery, personal growth, and unrivalled success?

Say goodbye to the limitations that hold you back and hello to a life filled with boundless possibilities. Dare to dream big, and you'll discover incredible power. Cultivate a growth mindset, surround yourself with positive influences, and watch as you become an unstoppable force, achieving greatness at every turn.

Unstoppable demands that you break free from your comfort zones, shed habits that hinder your progress, and bid farewell anything that no longer serve your aspirations. Embrace change, welcome new ideas, and unlock the incredible power of collaboration.

Don't just read this book-devour it Embrace its principles, adopt its strategies, and watch as you unleash the unstoppable force within you. Say goodbye to limitations and hello to a life of extraordinary achievements.

<https://www.marymartin.com/web?pid=860188>

Psychology of Women, Work and Well-being / Manju Mishra (ed)

Concept Publishing Company Pvt. Ltd., New Delhi 2023

xv, 327p.; 22cm.

Includes Index.

9789355946188

\$ 37.50 / HB

650 gm.

"Psychology of Women, Work and Well-being" is an edited volume with contributions from eminent academicians and professionals. The book aims to present a comprehensive review of the complexities associated with the well-being of women in the workplace. Recent research has shown that despite having significant success in the workplace, women's well-being has rapidly decreased. Working women face a variety of biases and barriers. Problems like workplace discrimination, gender stereotypes, workplace sexual harassment, the gender pay gap, and the glass ceiling effect are some of the main gendered issues that deteriorate their well-being and this volume deals with them and their nuances.

<https://www.marymartin.com/web?pid=857324>

Handbook of Reporting and Communication Skills (Revised and Enlarged Edition)
/ V.S. Gupta & Rahul Kumar

Concept Publishing Company Pvt. Ltd., New Delhi 2023

xvi, 174p.; 22 cm.

Bibliography Includes Index.

9789355945310

\$ 22.50 / HB

450 gm.

The book provides insight to a student of journalism and mass communication in understanding the world of a fast-changing media landscape. It also provides instructions in the practical aspects of journalism—writing, reporting, editing, taking an interview for the mainstream media as well as writing for technical publications. The book will acquaint a reader with the newsroom—how journalists run a newspaper, gather news, edit and design the pages and finally put the edition to bed. It will tell the reader all about magazines—working in a magazine, niche magazines and how these are coping with the onslaught of 24-hour news beamed through television channels and the internet. With advancement in communications technology and convergence with media, the reader also gets an understanding of how the social media platforms and the smartphone have changed the nature of news.

<https://www.marymartin.com/web?pid=857332>

Masculinity Meets Humanity: An Adapted Model of Masculinised Psychotherapy /
Shahieda Jansen

UNISA Press, University of South Africa, South Africa 2022

xiv, 208p.

Includes Index

9781776151592

\$ 40.00 / null

400 gm.

In a patriarchal society like South Africa, men are frequently portrayed as strong, invincible and powerful. However, high rates of male-driven violence suggest that men may be struggling with negative emotions. Chronic absence of fathers brought on by migrant labour practices, substance abuse and unemployment, among others, cause some men to resort to violence as a coping mechanism. In this book the author, a clinical psychologist, reflects on her psychotherapy experiences with male clients as she debunks the myth of male alexithymia, the inability to recognise and express emotions. Men are apparently disengaged from wellness practices as they are perceived to be reluctant to seek mental health care.

An ubuntu-inspired personhood discourse of trust, empathy and transformation theoretically underpins the author's clinical practice. Men's group participants risk being vulnerable as they support each other's suffering during story telling of abuse, loss and abandonment.

The integration of the culturally familiar philosophy of ubuntu challenges the hegemony of strictly modern Western psychological discourses and theories. The latter have not always been uncritically accepted in the African context, even though she, like most of her mental health colleagues, largely draws on Euro-American psychological theories and practices. Although the book is not a manual for how to do therapy with men, neither a panacea for all male related challenges, it can ignite empathic insights and kindle gender sensitive responses to male concerns, locally and internationally.

Women, who are frequently the targets of gender-based violence primarily committed by men, may play a significant role in the rehabilitation and healing of men. Men are usually excluded from psychosocial interventions, but this book makes the case that prioritising the wellbeing of boys and men is critical to creating a society that is safe for everyone—men, women, children, and the broader public.

<https://www.marymartin.com/web?pid=857548>

South Africa's High-Stress Security Environment: Keys to Coping / Gerhard
Schoeman

UNISA Press, University of South Africa, South Africa 2023

xiv, 124p.

Includes Index

9781776151837

\$ 35.00 / null

300 gm.

This book delves into methods for coping with stress in a high-stress security environment. The causes and consequences of stress are explored, followed by a comprehensive discussion of coping strategies that can be used by security personnel.

A scientifically tested model for coping with stress in a high-stress security environment is presented, indicating the relationship between personality and coping. This is potentially ground-breaking since it explores the relationship between personality and coping in an innovative way. The model provides a simplified visual presentation of the coping process and the flow between stressors, personality, coping strategies, the positive outcomes of coping effectively and the negative consequences of not coping.

Both the coping strategies, and the discussion on personality, are applicable to any person working within a stressful environment.

The areas of stress and coping in the security environment have not previously been researched in this manner, and this book fills a gap in the theoretical and practical arena of coping in high-stress environments, providing a workable model that can be used in industry.

<https://www.marymartin.com/web?pid=857549>

Amukoko: The Tobacconist / `Dele Delani

Dele-Ade Constant Ventures, Nigeria 2019

vi, 92p.

9789789731701

\$ 18.00 / null

200 gm.

I embarked on the research of this book to assist smokers to stop smoking, discourage would-be smokers especially students and to support the campaign of the Federal Ministry of Health against smoking.

<https://www.marymartin.com/web?pid=860002>

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