

Chapter 1 : Handle with Care Quotes by Jodi Picoult

In 's Female Handle With Care, we've got one of the best female characters ever written in Abigail H. O'Hagan the First. She added the first part to her name as obviously she's an original and is better than all these women with titles such as the thirds, and so forth.

By Cathleen Kronemer October 15th, Advice to Personal Trainers With the cost of higher education continuing to skyrocket, prudent parents nationwide are not only trying to pad their savings accounts but are also actively seeking any and every scholarship opportunity available for their children. In some families, financial rewards for academic prowess remain a high priority. Many others, however, strive to gain an athletic edge for their teen that will make attending a top university more affordable. Beginning as early as grade school, youngsters are being identified as exhibiting true athletic promise; and many parents grab onto this dangling carrot and do everything within their power to groom their young athlete into a college-bound recruit. While this bodes well for the next decade of the NBA and NFL, personal trainers and coaches may be missing out on a vital and very important group of clients: These developing young women need the proper mentoring and guidance that will help them navigate the maze of potentially dangerous messages that promote disordered eating and a self-image seemingly contingent upon appearance and the approval of others. As fitness and wellness professionals, it is incumbent upon us to be aware of the pitfalls into which so many teenage girls fall, and to help pave a healthier path for them to pursue. However, as is so often the case, these young women perceive extreme dieting as the panacea for a troubling body image. Well-meaning parents often come to us seeking guidance for their daughters. This is where we must be clear with regard to the identity of the true client: Is it the teen herself whom we are attempting to please, or the adult who is paying for our services? While it may be tempting to choose the latter, it is ultimately the girl herself who is in need of special handling, once she has been convinced to enter the gym. Those who do consider trying to stay in shape might avoid the gym because they feel silly or embarrassed exercising in front of their more athletic male counterparts. Centers for Disease Control and Prevention recommend that a teenager spend at least 30 minutes every day engaging in some type of physical activity. Unfortunately, exercise seems to fall by the wayside for many young women. This discourse is not intended to exclude female trainers, many of whom are mothers themselves and are already well-equipped to handle the sensitive issues which often accompany the training of young women. Rather, it is presented as a means of raising awareness for male trainers who might not have previously interacted with impressionable female teens on a one-to-one professional level. One of the keys to demystifying such training lies in knowing how to listen to what is not being said. While this may seem confusing at first, with practice it does become much easier. One needs to look no further than the Internet to know that teenage girls love to share. Whether it is an exchange of creative ideas on Pinterest, or the swapping of fashion tips on blogs, such is the nature of young women. Yet often when it comes to fitness and physical training, these same young women are hesitant to express their wishes and desires, especially to a male with whom they are not familiar. However, what is it that she is not saying? Training her body will be the easy part; the challenge lies in training her heart and soul, where her true sense of self lives. Charles Revson, known the world over as the individual who launched the Revlon Cosmetics industry, summed up his mission in the following quote: To a typical client entering a fitness center, it may appear as if we are selling a package of personal training. However, a dedicated trainer will soon come to realize that what we are really doing is offering the opportunity to help this client fulfill her dream. Part of our job, then, is to discover and gently extricate the details of that dream while simultaneously creating a positive independent young woman with a healthy dose of self-esteem. According to one study, health educators working with teenage girls perceived that while they were leading more independent lives than their parents did at the same age, these young women had less self-confidence and a weaker self-image. Further research revealed that female teens with low self-confidence were less likely to exercise every day than their classmates who reported high levels of self-esteem. Couple this with an innate reticence to open up to a male trainer, and we have even more roadblocks to overcome as fitness professionals. The path to success is not all uphill, however. The challenge

of the personal trainer, and especially the male trainer, is to motivate their female teenage clients to try-and continue with-a physical activity program in order to reap not only the physical benefits but the psychological ones as well—those aspects which may not have been verbalized by the client, but which may be of even more importance to her. Referencing such notions as inner strength, confidence, and mental toughness can be very empowering for a developing psyche. This simple notion actually went a long way toward improved posture, which carries with it a cache of physical health benefits! Sometimes we do encounter young women who are invested in adding lean muscle mass to their developing bodies. It is at this point where we must remember that teenage girls cannot and should not be trained in the same fashion as teenage boys. While it may be tempting to push them toward a desired goal, a young female client may not feel comfortable admitting that an exercise is too difficult, and may end up doing more harm than good to her body. Having a prudent respect for this unique demographic will go a long way towards encouraging a lifelong exercise habit, especially once the teen develops a sense of mastery over her new skills. When regarded as a social activity — always appealing to the female teen — above all else, fitness activities must be safe and fun. Programs should be geared to helping these clients become successful independent exercisers. A young female who is strong on the inside will reflect that glow in her physical space!

Chapter 2 : Women and Caregiving: Facts and Figures | Family Caregiver Alliance

Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.

I get the shudders just thinking about it. Even still after all these years. Wait for their horses to come galloping by so she could make the jump. How she would ride bareback through their pasture and how the neighbors never even knew about it. And neither did I. Not until later when she confessed. Oh, child of mine. What am I supposed to do with you? A dreamer and a writer. But how could I have known all that back then? Back when she was a screamer. I kid you not. She was a challenge. And she was mine. For no apparent reason. Her happy place was sitting deep in a mud puddle. I would look out in the backyard and feel that twinge of guilt. And better yet, she was surprisingly content there. And it gave me a break. I used to ask God about her. Mostly wondering what He could possibly have been thinking to make me her mom? A guidebook of some kind? Why would He give this no-rules, all-heart, free-spirit child. I loved her, of course. But at times I struggled to like her, if you know what I mean. I had to pray about that one. Plead with God to help me understand her. To truly enjoy her. But just so you know? I do like her now. Like her and love her. Spontaneously falling off her chair. How could I have known back then? Coming Home This is also the same girl I called last week to say that her young special-needs sister was going into emergency surgery. Just to update her so she could pray. We did need help and she was there for us. She sat in the hospital room with her sister for hours. Even when we brought her home, Savoury slept on the lumpy couch that night, so she could be right there in case her sister woke up and needed something. A simple set of instructions for you and for that child. Sure, guide them and instruct them. Instead, point out the positives and look for bright points. Believe me, there are lots of them! Your child might need some help in the social graces or relationship skills or even the simple basics of doing what needs to be done. I wasted tears over this child. Now that we have a younger son who has some similar characteristics, I mostly laugh and hug him a lot. Never give up on your child. I recently asked our dear girl what was the hardest thing when she was a child? She said it was when I threw up my hands over her. And it nearly broke my heart to hear it. So if you have a challenging child? Make sure you communicate how thrilled you are with your child. They need to know that you believe in them and have confidence in the plans God has for them. And they need to hear it more from you than from anyone else. Remember to handle their hearts with care. Finding new gift ideas for your husband can be a challenge â€” and some more challenging than others. Try these ideas to get you started! Gift Ideas for Your Sweetheart.

Chapter 3 : Handle with Care: The Intricacies of Training Teenage Female Clients

With the cost of higher education continuing to skyrocket, prudent parents nationwide are not only trying to pad their savings accounts, but are also actively seeking any and every scholarship opportunity available for their children.

Business and society , Employers , Research , Women In the UK, there are over 3 million people juggling care responsibilities with work. As our population ages, more and more people are likely to take on caring responsibilities, and many of these will be women. As part of our series exploring the different roles of women in business and society, Yasin Rofcanin considers the challenges faced by women balancing employment and care, and the impact on their employers. Women as carers Most people with long-term care needs turn to their families to receive assistance. Within this complex system, women take on many roles, becoming care manager, health provider, friend, companion and so on. Care giving can then cause challenges for women employees, who may need to opt for reduced work hours, early retirement and even quitting their jobs altogether. Studies conducted across the globe paint a similar picture when it comes to the costs of care giving for women. It seems that women settle for lower wages, reduced retirement benefits and poor job fit for the sake of looking after their elderly relatives. Impact on employers This also impacts dramatically on employers and there are significant financial repercussions. Absenteeism, workday interruptions and replacing employees account for the bulk of this cost. There are two key questions that arise from this situation. One, is there a bright side to elderly care, in addition to its well-touted dark side; and two, what can organisations do to support women who having caring responsibilities, while at the same time fostering a resourceful work environment? A bright side to care? The answer to the first question may lie in research on perspective-taking and empathy skills of women. Adopting a perspective-taking angle, recent studies have started to shed light on the potential bright side of elderly care giving roles of women. In our research conducted with full-time elderly care givers in El Salvador , the results revealed that taking care of elderly relatives at home can make you a better manager. This is because by going through the hurdles of taking care of your elderly relatives, you then understand that other employees may have similar needs. This increases the likelihood of managers who are also care givers allowing employees to work more flexibly. Our findings demonstrated that women are better at understanding the perspectives and needs of their employees, therefore providing them with more flexible work options such as leaving work early. How can employers help carers? So it seems that despite some of the challenges associated with employees who are care givers, having these additional responsibilities at home might make women better managers at work. But how can employers better support women who are in this situation? The findings in a recent study echo this argument. A more interesting finding, however, is that these results were more salient and significant for women who had elderly care responsibilities. It seems that elderly care giving for women is a double-edged sword. There is a lot to be done, learnt and adopted on behalf of employers and employees alike in minimising the negative impacts and maximising these potential benefits.

Chapter 4 : Handle with care? Women living with metastatic breast cancer | Canadian Women's Health Ne

So if you're a parent of a challenging child, I thought I'd pass along a few things I wish someone would have told me. A simple set of instructions for you and for that child. Handle-With-Care Instructions For the Challenging Child.

The Rising Power of the Female Consumer. Not only do women make up a vast majority of the population, but they are also responsible for making a greater number of purchase decisions. In fact, women account for 83 percent of all consumer purchases, including new homes 91 percent, new cars 60 percent and bank accounts 89 percent. So where are the Moharraks, the Al Mansouris and, well, just everyday women, working in private and public enterprise? Is contemporary advertising reflecting women who have more than one facet to their personality; who are more than the idle homemaker or nurturing mother? He pins this down to the fact that the regional industry is still relatively young and it will take a while for the market to mature. Interestingly, the evolution of digital media might be changing the way brands speak to consumers. While the creative and content still incurs the risk of remaining stereotypical, the targeting is usually interest-based and not gender-based, explains Nadine Helal, digital director of Performics Egypt. It might be a question of: Greg Shuler, chief talent officer at J. But eliciting an answer may not be as important as getting to grips with the changing consumer mindset and purchasing spectrum of tomorrow. US-based lifestyle site SheKnows conducted a survey last year titled: Women Demand More From Brands. The survey revealed that 52 percent of women buy a product because they liked how the marketer and its ads presented women and 43 percent said it made them feel good about supporting the brand. Additionally, 51 percent of women liked pro-female ads because they felt it broke gender barriers. Naturally, this means that advertising to women specifically is something brands need to focus their attention on, especially given the fact that female-headed households have grown in the Middle East and Africa from However, in the process of advertising to women, brands tend to take the emotional approach, which could be considered manipulative if not exploitative. In some cases, it makes sense to purely talk about the product, in other cases, it makes sense to be emotional and find the emotional connection to a product. Will there ever be a scenario where those sensibilities will not be there? I would love to see less stereotypical advertising just in general. So what is the kind of insightful work that has really cut through? Also, the fact that President Obama " through his political speeches " and prominent celebrities, such as Emma Watson " through her HeforShe campaign " have been championing the cause, has led more people to think, talk and debate " if not act, just yet. And as Moutran and Kuntze say, good or bad, as long as people are talking about it, it means that the work has hit an insight and stirred some emotion. Does this also mean that brands need to take it upon themselves to address " if not help " cultural and societal issues? Some 71 percent of women in the SheKnows survey believed that brands should be held responsible for how they use their advertising to promote positive messages about women. However, when asked if brands should go beyond just selling products to addressing the gender gap in society, Choucair wonders if, before we raise this question, we need to ask if there is a problem that needs to be tackled. Her question might stem from the fact that if there is a problem, she has been very lucky and not experienced it herself. Definitions of balance aside, does this hold true for every country within the region? In Yemen, there are young girls forced to marry at the age of Obviously, this is not fair and we need to create awareness. Choucair does raise an interesting point, questioning the very idea of freedom for women. You [brands] cannot touch those [values]. You can say that you are a woman of this region and you are very strong and valued, but you can also be multiple things, such as a coder, or a scientist, or an engineer. Ioannidis further explains: This is where, Ioannidis suggests, below the line BTL and social media activities should play a huge role. There are a few, but I think there should be more. The Global WIL Women in Leadership Report found that despite women representing 40 percent of the global workforce, they account for only 11 percent of board members and senior management positions. Closer home, Euromonitor International found that female employment rates in Jordan, Iran and Saudi Arabia fall below 15 percent. Of course, these numbers could be owing to the large expat population in these countries versus the local population. Probably unsurprisingly, KSA " the GCC country with the largest labor force " has the lowest female participation 18 percent and

the highest female unemployment rate. Saeidi feels that men and women are equal “not physically and emotionally” but in a work environment, in fact women are at times even better. Although by and large the industry “especially men” admits to creating a more conducive model for women to rise, neither genders feel that there truly exists a discriminatory bias “or a real issue. Whatever you call it: But is this a block created by the industry or the very nature of women choosing families over careers when they get to more demanding leadership positions? For Choucair, the circumstances working in the favor of or against women progressing professionally are rather individual and subjective. There are so many examples, in the UAE specifically, where there are women in leadership positions. And this is where Ioannidis feels there is a divide. This is also why Ioannidis, along with her co-author Nicola Walther, conducted exactly the kind of research Choucair mentions for their book and asked women who have dropped out to understand why they did so. As per the book, there is an equal balance of men and women at entry level, but when employees reach middle management, there are 25 percent or less women, with the number dropping to five percent or less as women reach senior or executive leadership level positions. While this is a step in the right direction, for women who are “or intend to be” climbing up the ranks, how does the demanding nature of the advertising industry provide a culture that allows for a better work-life balance and more flexibility for women? But this year, we questioned if, in doing so, we were perpetuating a stereotype. For instance, when Marissa Mayer became the CEO of Yahoo in , the media attention largely centered on the fact that a woman was now leading a technology company. For Helal, these lists are empowering, inspiring and motivating. For an issue “or non-issue” that covers such a broad spectrum in terms of geography, mindsets, values and tangible problems ranging from societal ones such as domestic abuse , to financial ones such as equal pay to even a basic fundamental right such as driving , it seems impossible to find a reason or solution.

Chapter 5 : Here's a Great Price on Heron Preston Women's "Handle With Care" Leather Minidress - Black

44 reviews of Handle With Care "I don't know what some of these negative reviews are about. This boutique is beyond amazing and the owner and staff are ever better!

Subscribe to Blog via Email Enter your email address to subscribe to this blog and receive notifications of new posts by email. Join 28 other subscribers Search for: People are sullen, alienated and angry. In my attempt to relate truth to fellow believing women, I am sometimes targeted. But I refuse to argue with unbelievers and weak believers. Sometimes I frustrate fellow believers who believe I can hold my own in an argument, and sometimes I frustrate those who are ready to pick a fight with me. Fellow believers angrily insist people need to hear the truth. A Better Approach I concede that sometimes "I want to bop people over the head with Scripture. Gentleness and respect will. Have nothing to do with foolish, ignorant controversies; you know that they breed quarrels. God may perhaps grant them repentance leading to a knowledge of the truth, and they may come to their senses and escape from the snare of the devil, after being captured by him to do his will. But never lose sight of our goal: What is the source of quarrels and conflicts among you? Is not the source your pleasures that wage war in your members? Whether they repent is between them and God. But we must do so privately Matthew Brothers, if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch on yourself, lest you too be tempted. That is what so many of us received as unbelievers and immature believers and what so few of us are willing to extend to others. Why should others be any different? We can win the war much more effectively by choosing the correct weapons. Stock up on burning coals. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds.

Chapter 6 : Handle-With-Care: Instructions For the Parent of A Challenging Child - Club 31 Women

Located in the heart of Old Town in Chicago; Handle with Care Boutique is a one stop shop for all your fashion needs. We are known for our fantastic customer service and friendly laid back atmosphere.

Printer-friendly version Who Are the Caregivers? Although not all have addressed gender issues and caregiving specifically, the results are still generalizable to women because they are the majority of informal care providers in this country. Women live longer than men, tend to outlive their spouses, and have less access to retirement savings such as pensions. A common scenario is an older woman who cares for her husband and who discovers that there are few resources—financial or otherwise—to meet her own needs for assistance. This time out of the workforce for caregiving may compound the impact of earlier leave taken to care for a child. Further, caregiving is expensive in and of itself. Women who are family caregivers are 2. Estimates indicate that some 20 percent of all female workers in the United States are family caregivers. Instead, they cope—to the best of their abilities—with the combined pressures of caring for a loved one, their need for income, reliance on often inadequate public programs and fewer employment-related benefits. The study found that: For most women, fewer contributions to pensions, Social Security and other retirement savings vehicles are the result of reduced hours on the job or fewer years in the workforce. Likely to spend an average of 12 years out of the workforce raising children and caring for an older relative or friend. Caregiving also has a substantial impact on business. Absenteeism, replacing employees who quit in order to provide care and other caregiving-related activities can have serious financial consequences to employers. The cost to businesses because of partial absenteeism e. Higher levels of depression, anxiety, and other mental health challenges are common among women who care for an older relative or friend. Studies find that men respond to caregiving responsibilities in a fundamentally different way. One four-year study found that middle-aged and older women who provided care for an ill or disabled spouse were almost six times as likely to suffer depressive or anxious symptoms as were those who had no caregiving responsibilities. The same study found that women who cared for ill parents were twice as likely to suffer from depressive or anxious symptoms as noncaregivers. Studies have demonstrated that women are more vulnerable than men to the effect of reduced social support. One study found a marked increase in risk among women who provided 36 or more hours per week of care to a spouse. Researchers concluded that there may be a threshold of time involvement beyond which the likelihood of mental health consequences rapidly escalates. A higher level of hostility and a greater decline in happiness for caregivers of a family member. Researchers found that more than one-third of caregivers provide intense and continuing care to others while suffering from poor health themselves. Women who spend nine or more hours a week caring for an ill or disabled spouse increase their CHD risk twofold. These same caregivers were also slightly more likely to smoke and consume more saturated fat. It is important to note, however, that although caregiving can exact physical, emotional and financial tolls, it can also be rewarding. The poverty rate for single African American women over the age of 65 is In fact, lower-income caregivers are half as likely as higher-income caregivers to have paid home health care or assistance available to provide support for and relief from their caregiving functions. Caregiver support services include information, assistance, counseling, respite, home modifications or assistive devices, support groups and family counseling. While many services are available through local government agencies, service organizations, or faith-based organizations, employers are beginning to implement workplace support programs as one way to mitigate the impact that caregiving can have on workers. Frequently, support services can make a real difference in the day-to-day lives of caregivers. In fact, women are more than twice as likely as men to say that they would benefit from talking to someone about their caregiving experience. Retrieved March 26, from [http:](http://) The economic value of informal caregiving, U. When the caregiver needs care: The plight of vulnerable caregivers. American Journal of Public Health, 92 3 , — Caregiving in the U. National Alliance for Caregiving. Valuing the Invaluable update. Selected Caregiver Statistics Fact Sheet. Retrieved January, from [http:](http://) Retrieved January from [http:](http://) Women and long-term care Fact Sheet. Understanding the Impact of Family Caregiving on Work. Causal relationships in late midlife. Social Sciences, 52B 4 , — The

Metlife juggling act study: Balancing caregiving with work and the costs involved. Informal caregiving and retirement timing among men and women: Gender and caregiving relationships in late midlife. Journal of Family Issues, 23 7 , â€” 23 Johnson, R. Women and long-term care. Retrieved April 7, from http: Women and Social Security Fact Sheet. Journal of Family Issues, 23 7 , â€” The Metlife study of employer costs for working caregivers. Metropolitan Life Insurance Company. Reverberations of family illness: American Journal of Public Health. Transitions to caregiving, gender, and psychological well-being: Journal of Marriage and Family, 64, â€” The stress process among dementia spouse caregivers: Are caregivers at risk for negative health behavior change? Research on Aging, 20 3 , â€” Informal caregiving Fact Sheet. National estimates of the quantity and cost of informal caregiving for the elderly with dementia. Journal of General Internal Medicine, 16 11 , â€” Older Women Fact Sheet. Retrieved April 3, from http: Caregiving and risk of coronary heart disease in U. American Journal of Preventive Medicine, 24 2 , â€” Family Caregiving in the US: Findings from a national survey. Caregiver support interventions Research Brief No. National Association of State Units on Aging.

Chapter 7 : Handle With Care: The Male Ego Explained | MadameNoire

Handle with Care: Why Arguing Won't Change Hearts Social media has become a battlefield of words - a symptom indicative of the widening chasm in our nation and world. People are sullen, alienated and angry.

Chapter 8 : Handle with care

Heron Preston's minidress is assembled from black wrinkled leather. This bold style showcases an orange two-way zip placket printed with black and white "Handle With Care" and "Packing Tape" lettering, a recurring motif in the Spring collection.

Chapter 9 : Jodi Picoult - Wikipedia

All the women in my family, and many of the men, have some form of cancer (women - breast). But we were all tested and don't have the breast cancer gene which baffles me. I am just waiting to get it anyway.