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## Chapter 1 : U.S. News | Latest National News, Videos & Photos - ABC News - ABC News

*Try visiting some museums in your area to develop a shared love for history or art. Imagine how fun it could be to explore medieval history or learn about 19th-century Impressionism. Start your own two-person reading group.*

The following list is a compilation of techniques and considerations which have been used successfully by other commanders. The period between your notification of command selection and your assumption of command, if utilized properly, will contribute significantly to your success. Once in command, time will become your most constrained resource. Consider the following now, as you prepare to assume command. This will help you understand how your unit operates. If a foreign language is involved, study it. Consider restarting it if necessary. Discuss senior rater philosophy with your branch chief. The ability to score on the Army Physical Fitness Test will do wonders for your credibility. Soldiers will evaluate you on your competence. A Practical Guide for Leaders. It is the most important thing you have to do right now. They provide refresher training to assist you in preparation for command. The courses are well-structured and provide an excellent opportunity to focus on your professional competencies and interests. Seek out leaders who have recently served in your future battalion and ask for their insights and recommendations. It is an excellent opportunity for the two of you to discuss expectations and agree on his or her role in battalion activities. Do not hesitate to ask for additional instruction in an area of interest or concern to you. Write your official biography, because it will be needed for the change of command program. Know UCMJ, promotions, administrative discharge procedures, drug and alcohol programs, family advocacy procedures, and officer, enlisted and civilian rating procedures. Address those things that you value and are important to you. Consider addressing some of the following topics: Keep it short, but make sure it says what you mean. You will be judged by what is important to you and your ability to live up to it. Pre-arrange billeting for your family at your new duty station. Try to get your family settled into quarters prior to your assumption of command. Have sufficient sets of daily uniforms, and a complete set of class As and service dress blues , including brass and medals. Strongly consider purchasing the Army blue mess dress uniform. You may need to play this by ear; in some cases the outgoing commander will be glad to fully orient you, in other cases he or she may not have the time or the inclination.

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## Chapter 2 : World War I | HistoryNet

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Have you seen my keys? Where are my damn keys? Setting strong personal boundaries are not a cure-all for your relationship woes or your lost keys. Boundaries in relationships work both ways: And yes, believe it or not, boundaries are also hot. Do you ever feel like people take advantage of you or use your emotions for their own gain? Do you find yourself sucked into pointless fighting or debating regularly? In your relationships, does it feel like things are always either amazing or horrible with no in-between? Do you tell people how much you hate drama but seem to always be stuck in the middle of it? What are Personal Boundaries? Interestingly, these two types of people often end up in relationships together. Some examples of poor boundaries: You know how jealous I get. You have to stay home with me. People with high self-esteem have strong personal boundaries. And practicing strong personal boundaries is one way to build self-esteem. Judo is now something you do and not something you are. It becomes inauthentic, another tool in the game of getting social approval, rather than to satisfy your own desire to express yourself. And the dependence on external approval will drive your self-esteem lower and make your behavior less attractive. Poor Boundaries And Intimate Relationships I actually believe boundary issues are the most difficult to deal with at the family level. And your relationships are the best place to begin fixing them. My first serious relationship was like this. At the time, it felt very passionate and like it was us against the world. People lack boundaries because they have a high level of neediness or in psych terms, codependence. People who are needy or codependent have a desperate need for love and affection from others. To receive this love and affection, they sacrifice their identity and remove their boundaries. If they constantly paint themselves as a victim, eventually someone will come save them. Predictably, these two types of people are drawn strongly to one another. Their pathologies match one another perfectly. In fact, they both only serve to perpetuate the neediness and low self-esteem that is keeping them from getting their emotional needs met. This is what happens in these codependent relationships. The victim creates problems not because there are real problems, but because they believe it will cause them to feel loved. In both cases, the intentions are needy and therefore unattractive and self-sabotaging. From an Attachment Theory perspective, victims tend to be anxious-attachment types, and savers tend to be avoidant-attachment types. Or as I like to call them: Both often push away secure-attachment types. For the victim, the hardest thing to do in the world is to hold themselves accountable for their feelings and their life rather than others. Both start the process of building self-esteem. Both begin to eliminate needy behavior and make one more attractive. I state in my book that needy behavior makes you unattractive to most people by limiting you to people of a similar level of neediness; i. If you end up only attracting low self-esteem slobs, then you are likely a low self-esteem slob yourself. If you only attract high maintenance drama queens, then you are likely a high maintenance drama queen yourself. Oh, you queen, you. Personal boundaries, while particularly crucial in intimate relationships, also highly influence our friendships, family relationships and even professional relationships. It was important that the correct numbers were submitted. You made me look like an asshole. Yes, even friendships can be needy and unattractive. Chances are they have some serious boundary issues like the one above. Friendships like this are never-ending drama factories. I get very lonely, you know. Nobody likes an old lady like me. You two are my children. I spend so much time alone. You have no idea how hard it can be sometimes. But you are still responsible for your own loneliness. Jennifer and I are not the only solution to all of your problems. Where guilt is useless and harmful is when it is used as a tool to manipulate those close to you. All of my Jewish readers are nodding their heads right now. Nothing sets me off these days like a person trying to guilt trip me. This one is a couple in a relationship: I want you to be successful. But it only makes sense. I think we should just try it. Then you wanted me to live with you. Now you want me to work with you too? This is not healthy. You take control of my life decisions without consulting me first. It may seem really nice on the surface. The biggest counter-argument â€” or

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rationalization, depending on your perspective â€” is that sometimes you have to make sacrifices for the people you love. The catch is that if you make a sacrifice for someone you care about, it needs to be because you want to, not because you feel obligated or because you fear the consequences of not doing it. A person with strong boundaries is not afraid of a temper tantrum, an argument or getting hurt. A person with weak boundaries is terrified of it. I found my keys. But few people know that there are some pretty clear signals to know if a relationship is going to work or not. Put your email in the form to receive my page ebook on healthy relationships. You can opt out at any time. See my privacy policy.

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## Chapter 3 : Mencius (Stanford Encyclopedia of Philosophy)

*Your heart pounds faster, your blood pressure rises, and your muscles tighten, increasing your strength and reaction speed. Once the danger has passed, your nervous system calms your body, lowering your heart rate and blood pressure, and winding back down to its normal balance.*

For more information, click to see the Casualties of World War I. The outbreak of war between European nations was the result of several factors: This would increase German influence in the world and likely allow the country to expand its colonial holdings. Russia was rebuilding and modernizing its large army and had begun a program of industrialization. They formed an alliance for self-protection against the Russian bear. France, still stinging over the loss of Alsace and part of Lorraine in the Franco-Prussian war, made an agreement allying itself with Russia in any war with Germany or Austria-Hungary. Britain, after finding itself friendless during the Second Boer War in South Africa "allied itself with France and worked to improve relations with the United States of America. Russia, with many ethnic groups inside its vast expanse, made an alliance with Serbia in the Balkans. As its ability to exert control over its holdings in the Balkans weakened, ethnic and regional groups broke away and formed new states. Rising nationalism led to the First and Second Balkan Wars, and As a result of those wars, Serbia increased its size and began pushing for a union of all South Slavic peoples. Serbian nationalism led year-old Gavrilo Princip to assassinate Archduke Franz Ferdinand, heir apparent to the Habsburg throne of Austria-Hungary, and his wife, Sophie. Austria-Hungary, urged on by Germany, sent a list of demands to Serbia in response; the demands were such that Serbia was certain to reject them. Russia came in on the side of the Serbs, Germany on the side of the Habsburgs, and the entangling alliances between the nations of Europe pulled one after another into the war. Although diplomats throughout Europe strove to settle matters without warfare right up to the time the shooting started, the influence military leaders enjoyed in many nations won out"along with desires to capture new lands or reclaim old ones. Combat in the First World War German military planners were ready when the declarations of war began flying across Europe. They intended to hold off the Russians in the east, swiftly knock France out of the war through a maneuver known as the Schlieffen Plan, then throw their full force, along with Austria-Hungary, against the Russians. The Schlieffen Plan, named for General Count Alfred von Schlieffen who created it in , called for invading the Low Countries Luxembourg and Belgium in order to bypass to the north the strong fortifications along the French border. After a rapid conquest of the Low Countries, the German advance would continue into northern France, swing around Paris to the west and capture the French capital. It almost worked, but German commander in chief General Helmuth von Moltke decided to send his forces east of Paris to engage and defeat the weakened French army head-on. In doing so he exposed his right flank to counterattack by the French and a British Expeditionary Force, resulting in the First Battle of the Marne, September 6"10, Despite casualties in the hundreds of thousands, the battle was a stalemate, but it stopped the German drive on Paris. Both sides began digging a network of trenches. The First Battle of the Marne was a window onto how the rest of the war would be fought: The centuries-old method of massed charges to break through enemy positions did not work when the men faced machine guns, barbed wire, and drastically more effective artillery than in the past. The next four years would see battles in which millions of artillery shells were fired and millions of men were killed or mutilated. Click here to read about some of the costliest battles of the First World War. Deadly new weapons were responsible for the unprecedented carnage. New Weapons of World War I Among the lethal technological developments that were used for the first time or in some cases used for the first time in a major conflict during the Great War were the machine gun, poison gas, flamethrowers, tanks and aircraft. Artillery increased dramatically in size, range and killing power compared to its 19th-century counterparts. In the war at sea, submarines could strike unseen from beneath the waves, using torpedoes to send combat and merchant ships to the bottom. Click here for more information on Weapons of World War I. War on the Eastern Front On the Eastern Front, the German general Paul von

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Hindenburg and his chief of staff Erich Ludendorff engineered strategies that gave them dramatic victories over Russian armies. The war became increasingly unpopular among the Russian people. As hoped, Lenin helped fuel the rising revolutionary fervor. The tsar was deposed and executed with his family in the March revolution. When the new government failed to bring about a rapid peace, it was overthrown in November by a socialist revolution led by Lenin, following which Russia signed a peace agreement with Germany. War in the Mountains Fighting in the high elevations of the Balkans and Alps created additional agony for soldiers fighting there: Serbia, whose countryman had fired the shots that gave rise to the slaughter taking place in Europe, was invaded twice by Austria-Hungary but repulsed both attempts. In the autumn of 1915, a third invasion came. This time the Hapsburgs were joined by Germany and Bulgaria. The outnumbered Serbs gave ground. Ultimately, the Serbian Army only escaped annihilation by a demanding march through Albania to the Adriatic Sea, where the French Navy rescued the survivors. Romania remained neutral until August when it joined the Allies and declared war on Austria-Hungary in hopes of securing additional territories including Transylvania. As the poorly trained Romanian army advanced into Transylvania, German forces invaded and occupied Romania itself, quickly knocking the country out of the war. Italy, wooed by both sides, entered the war on the Allied side in May 1915. What gains the Italians made in the war were wiped out by a rout that began at Caporetto in October and unhinged the entire line. An attempted invasion on the Gallipoli Peninsula resulted in a bloody repulse, but war in the interior of the Ottoman Empire met with greater success. Arab groups seeking to overthrow the empire waged a successful guerrilla war in the Mideast, led by Prince Feisal, third son of the Grand Sharif of Mecca. The revolt was aided by British liaison officer T. Lawrence of Arabia, who became known as Lawrence of Arabia. When the war ended, the Ottoman Empire was broken up. England and France drew borders for new countries in the Mideast without regard for ethnic and religious factions. The centuries-old tensions between the native inhabitants of the region led to many of the problems causing turmoil in the Mideast today, another irony of the War to End War. Africa was home to a sideshow of the European fighting. European nationals and colonial troops of both sides fought against each other, but the German colonies were widely separated and unable to support each other. In German East Africa Tanzania an aggressive general named Paul von Lettow-Vorbeck waged a guerrilla campaign against his British opponents until after the armistice was signed in Europe that ended the Great War. In the waters of the Pacific Ocean German commerce raiders found prey among merchant vessels of Allied nations. Japan joined the Allies war effort on August 23, 1914, ostensibly in fulfillment of the Anglo-Japanese Treaty of 1902. Accomplishing that goal while supporting large armies engaged in warfare proved impossible for Germany, but World War I saw the last great battles fought entirely between surface ships. Jutland would prove to be not only the largest naval battle up to that time but the last in which fighting would take place only between surface ships. The most significant advance in naval warfare to come out of the Great War was the development of submarines, which the German Imperial Navy called Unterseeboots undersea boats. That got shortened to U-boats, a name that became synonymous with submarine. Subs could hide beneath the waves in shipping lanes to attack merchant or combat ships with torpedoes without ever being seen. Germany engaged in such unrestricted warfare until U-1 sank the British passenger liner Lusitania off Ireland in May 1915. Over 1,000 lives were lost, including Americans, and the US threatened to break diplomatic relations with Germany. The Imperial Navy subsequently instituted strict regulations for U-boat attacks, but those went by the boards in as the Germans tried to cut off supplies to Britain and starve the island nation into submission. It was a bad decision. Italian aircraft were used for reconnaissance and small-scale bombing during the Italo-Turkish War of 1911-12. Aircraft during World War I continued to be used primarily for reconnaissance, including photo-reconnaissance missions. Pilots began shooting at each other with pistols and rifles. Soon various schemes were attempted to attach machine guns to planes. Early war planes were very light and used small engines with top speeds of less than 100 mph. On many designs the engine was in the rear and pushed the plane through the air. Changes might occur within weeks; in the decades following the war, such changes would take years. Zeppelins were also used for reconnaissance and for bombing over land and sea. While the war on the ground was a miserable existence in muddy, rat- and

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disease-infested trenches, and millions of lives might be spent to gain a few miles of territory, the war in the air captured the imagination of the world. Using this exciting new technology to maneuver through the skies and engage the enemy in one-on-one dogfights in which skillful pilots could rise to the status of ace gave the air war a sense of glamour that still hangs over the pilots of World War I. America was drawn into the conflict by the Zimmerman telegraph and unrestricted submarine warfare. On January 16, 1917, Foreign Secretary of the German Empire Arthur Zimmermann sent a coded message to the German ambassador in Mexico City, Heinrich von Eckart informing him Germany would return to unrestricted submarine warfare on February 1, a policy that might cause America to declare war. The code was broken, and the contents of the telegram published on March 1. Two weeks later German U-boats sank three American vessels. Wilson asked Congress on April 1 to authorize a declaration of war against Germany, which it did four days later. War was declared on the other Central Powers shortly thereafter. When American troops and war materiel began arriving in Europe later in 1917, it unalterably shifted the balance of power in favor of the Allies. A final German offensive began on May 21, 1918, an attempt to win the war before the full weight of American strength could arrive. An Allied operation that became known as the Hundred Days Offensive pushed the enemy back to the German border by September. The German navy mutinied. Ludendorff, architect of many German victories in the east, was dismissed. Riots broke out, often led by German Bolsheviks. Prince Max, Chancellor of Germany, authorized negotiations for peace terms and stipulated that both military and civilian representatives be involved. He then turned his title over to Friedrich Ebert, leader of the Socialist Democratic movement. Kaiser Wilhelm II abdicated on November 9. An agreement between the combatants called for all guns to fall silent on the 11th hour of the 11th day of the 11th month. Yet, even on the morning of November 11, before the designated time for the armistice to begin, some field officers ordered their men to make attacks, which accomplished little except more bloodshed. The Armistice A series of peace treaties were signed between the combatant nations, but the most significant was the Treaty of Versailles, signed on July 28, 1919, five years after Austria-Hungary had declared war on Serbia. Germany had hoped Woodrow Wilson would be a moderating factor that would allow for more generous peace terms, but the nations that had lost millions of young men to the weapons of the Central Powers were in no mood to be forgiving. As a result of the various treaties, the Ottoman Empire was dismantled. Austria-Hungary was broken into separate nations and forced to cede lands to successor states such as Czechoslovakia.

**Chapter 4 : Arranged marriage - Wikipedia**

*Build up your wife in front of others and give her honest credit for your family's successes. Let your spouse truly know you appreciate him or her. The more we build up our spouses, the more they will feel valued by us and build us up in turn.*

Discovery of the Malaria Parasite Charles Louis Alphonse Laveran, a French army surgeon stationed in Constantine, Algeria, was the first to notice parasites in the blood of a patient suffering from malaria. This occurred on the 6th of November For his discovery, Laveran was awarded the Nobel Prize in Laveran and the Discovery of the Malaria Parasite Differentiation of Species of Malaria Camillo Golgi, an Italian neurophysiologist, established that there were at least two forms of the disease, one with tertian periodicity fever every other day and one with quartan periodicity fever every third day. He also observed that the forms produced differing numbers of merozoites new parasites upon maturity and that fever coincided with the rupture and release of merozoites into the blood stream. He was awarded a Nobel Prize in Medicine for his discoveries in neurophysiology in Alphonse Laveran was the first to notice parasites in the blood of a patient suffering from malaria. Laveran had believed that there was only one species, *Oscillaria malariae*. An American, William H. Welch, reviewed the subject and, in , he named the malignant tertian malaria parasite *P*. There were many arguments against the use of this name; however, the use was so extensive in the literature that a change back to the name given by Laveran was no longer thought possible. The first documented human infection with *P*. Top of Page Discovery That Mosquitoes Transmit Malaria Parasites On August 20th, , Ronald Ross, a British officer in the Indian Medical Service, was the first to demonstrate that malaria parasites could be transmitted from infected patients to mosquitoes. In further work with bird malaria, Ross showed that mosquitoes could transmit malaria parasites from bird to bird. This necessitated a sporogonic cycle the time interval during which the parasite developed in the mosquito. Thus, the problem of malaria transmission was solved. For his discovery, Ross was awarded the Nobel Prize in The complete sporogonic cycle of *Plasmodium falciparum*, *P*. In , mosquitoes infected by feeding on a patient in Rome were sent to London where they fed on two volunteers, both of whom developed malaria. Ronald Ross was the first to demonstrate that a mosquito could transmit a bird malaria parasite. The Panama Canal The construction of the Panama Canal was made possible only after yellow fever and malaria were controlled in the area. These two diseases were a major cause of death and disease among workers in the area. In , there were over 26, employees working on the Canal. Of these, over 21, were hospitalized for malaria at some time during their work. By , there were over 50, employees, and the number of hospitalized workers had decreased to approximately 5, Through the leadership and efforts of William Crawford Gorgas, Joseph Augustin LePrince, and Samuel Taylor Darling, yellow fever was eliminated and malaria incidence markedly reduced through an integrated program of insect and malaria control. Top of Page The U. Congress to control malaria in the United States. Various activities to investigate and combat malaria in the United States followed from this initial request and reduced the number of malaria cases in the United States. USPHS established malaria control activities around military bases in the malarious regions of the southern United States to allow soldiers to train year round. Roosevelt signed a bill that created the TVA on May 18, An organized and effective malaria control program stemmed from this new authority in the Tennessee River valley. Malaria affected 30 percent of the population in the region when the TVA was incorporated in The Public Health Service played a vital role in the research and control operations and by , the disease was essentially eliminated. Mosquito breeding sites were reduced by controlling water levels and insecticide applications. He named his compound resochin. Through a series of lapses and confusion brought about during the war, chloroquine was finally recognized and established as an effective and safe antimalarial in by British and U. Various militaries in WWII utilized the new insecticide initially for control of louse-borne typhus. Many of the bases were established in areas where mosquitoes were abundant. MCWA aimed to prevent reintroduction of malaria into the civilian population by mosquitoes that

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would have fed on malaria-infected soldiers, in training or returning from endemic areas. During these activities, MCWA also trained state and local health department officials in malaria control techniques and strategies. Thus, much of the early work done by CDC was concentrated on the control and elimination of malaria in the United States. With the successful reduction of malaria in the United States, the CDC switched its malaria focus from elimination efforts to prevention, surveillance, and technical support both domestically and internationally.

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## Chapter 5 : Pericles - Wikipedia

*On June 26, , the Supreme Court held in Obergefell v. Hodges that the Fourteenth Amendment of the U.S. Constitution requires a state to license a marriage between two people of the same sex and to recognize a marriage between two people of the same sex when their marriage was lawfully licensed and performed out-of-state.*

Burroughs When I was in college, I could only afford to visit my family during summer and Christmas breaks. While I was at home, I particularly enjoyed spending time with one dear friend. We had known each other since junior high school, and I considered her the younger sister I never had. During my sophomore year in school, she contacted me and revealed she had romantic feelings for me. She wanted us to start dating. I was completely caught off guard. I had no idea she felt this way. Sensing my conflict, she asked that I think about it and said we would talk when I saw her that summer. For the remainder of that semester, I agonized over what I should do. One night, when I was alone in my dorm room, I took a deep breath and asked myself some very important questions that I needed to answer but had been avoiding. Did I share the same feelings she had for me? Did I want us to begin dating? By being still and questioning myself, I gained access to my inner voice, which I had been drowning out in my panic. Pursuing a relationship primarily out of fear of losing her would have been unfair to both of us, and it would have caused us to not live in truth. That summer was difficult. When I told her how I truly felt, she was understandably hurt. However, our friendship survived because we both realized we cared enough to be brutally honest with each other, and that is rare. If you are having doubts about a relationship, please let me assure you the answers you seek are within you. You just may be allowing fear to muffle your inner voice. Please keep in mind there are no wrong or right answers, just insightful ones: Do you completely trust each other? Are you satisfied with the intimacy you share? How often do you laugh together? Do you feel you have made personal sacrifices for your relationship, and have they been reciprocated? When you think of your partner, do you smile? Do you feel threatened when others find your partner attractive, and why? Do you believe your partner is your biggest advocate? Do either of you dredge up resentments in arguments, and why have you struggled to let them go? How do you feel when your partner arrives home after being away? Is your partner your best friend? Is there a secret you are keeping that if your partner knew, you feel you would lose them? Do you feel that your partner accepts you? When did you realize you had fallen in love, and how do you feel when you think about it? Have you seen each other at your best and worst? Would you ever consider having an affair? Are you excited about your future together? Do you feel your relationship is a true partnership? When was your last romantic outing? Does it bother you if your partner has friends of the opposite sex, and why? When was the last time you talked about your future together, and were you on the same page? Do you feel as if you can communicate without saying a word? What is your happiest memory of your time together? Are there more happy memories than unhappy ones? What is a relationship deal breaker for you, and have you overlooked one in this relationship? How do you feel about the last, in-depth conversation you and your partner had? Do you show your love for each other often, and if not, why? If you are seeking clarity about your relationship, the best source of insight is from within. You just need to be unafraid to ask for the answers you seek. Then trust those answers and yourself. Wishing you much love and success! About Terez Williamson Terez Williamson is the founder of Smartly Smitten , where he shares relationship advice centered around self-love and respect. He is also the author of the ebook Minimalism and Relationships: Consume Less, Love More. You can follow Terez on twitter at terez

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## Chapter 6 : 30 Questions to Ask Yourself If You Have Doubts About Your Relationship

*Deal with the emotional aspect of the breakup above all else. Divorce is a time of great emotional pain and enormous change. You may have done your utmost to save the marriage, only to have it result in a definite end.*

You may be having a hard time readjusting to life out of the military. Or you may constantly be feeling on edge, emotionally numb and disconnected, or close to panicking or exploding. But no matter how long the V. These steps can help you learn to deal with nightmares and flashbacks, cope with feelings of depression, anxiety or guilt, and regain your sense of control. What causes PTSD in veterans? Post-traumatic stress disorder PTSD , sometimes known as shell shock or combat stress, occurs after you experience severe trauma or a life-threatening event. Mobilization, or fight-or-flight, occurs when you need to defend yourself or survive the danger of a combat situation. Your heart pounds faster, your blood pressure rises, and your muscles tighten, increasing your strength and reaction speed. Once the danger has passed, your nervous system calms your body, lowering your heart rate and blood pressure, and winding back down to its normal balance. While PTSD develops differently from veteran to veteran, there are four symptom clusters: Recurrent, intrusive reminders of the traumatic event, including distressing thoughts, nightmares, and flashbacks where you feel like the event is happening again. Experiencing extreme emotional and physical reactions to reminders of the trauma such as panic attacks, uncontrollable shaking, and heart palpitations. Extreme avoidance of things that remind you of the traumatic event, including people, places, thoughts, or situations you associate with the bad memories. Withdrawing from friends and family and losing interest in everyday activities. Negative changes in your thoughts and mood, such as exaggerated negative beliefs about yourself or the world and persistent feelings of fear, guilt, or shame. Diminished ability to experience positive emotions. Being on guard all the time, jumpy, and emotionally reactive, as indicated by irritability, anger, reckless behavior, difficulty sleeping, trouble concentrating, and hypervigilance. If you are thinking about taking your own life, seek help immediately. In the UK, call 90 90 In Australia, call 13 11 PTSD in veterans recovery step 1: As well as helping to burn off adrenaline, exercise can release endorphins and improve your mood. Exercise that is rhythmic and engages both your arms and legs—such as running, swimming, basketball, or even dancing—works well if, instead of continuing to focus on your thoughts as you move, you focus on how your body feels. Try to notice the sensation of your feet hitting the ground, for example, or the rhythm of your breathing, or the feeling of wind on your skin. Seek out local organizations that offer outdoor recreation or teambuilding opportunities, or, in the U. This program provides service members, veterans, and their families with opportunities to get out into nature and get moving. Self-regulate your nervous system PTSD can leave you feeling vulnerable and helpless. But you have more control over your nervous system than you may realize. When you feel agitated, anxious, or out of control, these tips can help you change your arousal system and calm yourself. To quickly calm yourself in any situation, simply take 60 breaths, focusing your attention on each out breath. Just as loud noises, certain smells, or the feel of sand in your clothes can instantly transport you back to the combat zone, so too can sensory input quickly calm you. Everyone responds a little differently, so experiment to find what works best for you. Think back to your time on deployment: Perhaps it was looking at photos of your family? Or listening to a favorite song, or smelling a certain brand of soap? Or maybe petting an animal quickly makes you feel calm? By reconnecting to uncomfortable emotions without becoming overwhelmed, you can make a huge difference in your ability to manage stress, balance your moods, and take back control of your life. That person may be your significant other, a family member, one of your buddies from the service, or a civilian friend. This is a great way to both connect to others and reclaim your sense of power. Joining a PTSD support group. Connecting with other veterans facing similar problems can help you feel less isolated and provide useful tips on how to cope with symptoms and work towards recovery. You can talk about how you feel without going into a blow-by-blow account of events. Tell the other person what you need or what they can do to help. That could be just sitting with you, listening, or doing

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something practical. Comfort comes from someone else understanding your emotional experience. People who care about you want to help. Listening is not a burden for them but a welcome opportunity to help. If that describes you, there are ways to help the process along. Before chatting with a friend, either exercise or move around. Jump up and down, swing your arms and legs, or just flail around. As strange as it sounds, vocal toning is a great way to open up to social engagement. Find a quiet place before you meet a friend. Change the pitch and volume until you experience a pleasant vibration in your face. Take care of your body The symptoms of PTSD in veterans, such as insomnia, anger, concentration problems, and jumpiness, can be hard on your body and eventually take a toll on your overall health. But if you recognize these urges for what they are, you can make better choices that will calm and care for your body and your mind. Find safe ways to blow off steam. Pound on a punching bag, pummel a pillow, go for a hard run, sing along to loud music, or find a secluded place to scream at the top of your lungs. Support your body with a healthy diet. Omega-3s play a vital role in emotional health so incorporate foods such as fatty fish, flaxseed, and walnuts into your diet. Limit processed and fried food, sugars, and refined carbs which can exacerbate mood swings and energy fluctuations. Get plenty of sleep. Sleep deprivation exacerbates anger, irritability, and moodiness. Aim for 7 to 9 hours of quality sleep each night. Develop a relaxing bedtime ritual listen to calming music, take a hot shower, or read something light and entertaining , turn off screens at least one hour before bedtime, and make your bedroom as dark and quiet as possible. Avoid alcohol and drugs including nicotine. It can be tempting to turn to drugs and alcohol to numb painful memories and get to sleep. But substance abuse can make the symptoms of PTSD worse. The same goes for cigarettes. If possible, stop smoking and seek help for drinking and drug problems. Deal with flashbacks, nightmares, and intrusive thoughts For veterans with PTSD, flashbacks usually involve visual and auditory memories of combat. It is not happening now. Use a simple script when you awaken from a nightmare or start to experience a flashback: Try tapping your arms to bring you back to the present. Experiment to find what works best for you. Movement - Move around vigorously run in place, jump up and down, etc. You may have seen people injured or killed, often your friends and comrades. You may ask yourself questions such as: Could I have done something differently to save them? Could you really have prevented or stopped what happened? Are you judging your decisions based on full information about the event, or just your emotions? Did you do your best at the time, under challenging circumstances? Do you truly believe that if you had died, someone else would have survived? Honestly assessing your responsibility and role can free you to move on and grieve your losses. Even if you continue to feel some guilt, instead of punishing yourself, you can redirect your energy into honoring those you lost and finding ways to keep their memory alive. The goal is to put your guilt to positive use and thus transform tragedy, even in a small way, into something worthwhile. Seek professional treatment Professional treatment for PTSD can help you confront what happened to you and learn to accept it as a part of your past. Working with an experienced therapist or doctor, treatment may involve: Cognitive-behavioral therapy CBT or counselling. Therapy also involves identifying distorted and irrational thoughts about the event and replacing them with more balanced picture. Medication, such as antidepressants. This incorporates elements of CBT with eye movements or other rhythmic, left-right stimulation such as hand taps or sounds. If your loved one seems distant, irritable, angry, or closed off, remember that this may not have anything to do with you or your relationship. Many veterans with PTSD find it difficult to talk about their experiences. Be patient and understanding. Getting better takes time so be patient with the pace of recovery. Try to anticipate and prepare for PTSD triggers such as certain sounds, sights, or smells. Take care of yourself. Make time for yourself and learn to manage stress. Recommended reading Anxiety and Stress Disorders:

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## Chapter 7 : Babble | Entertainment, News, and Lifestyle for Moms

*Movie Event. Your church can host a WAR ROOM Movie Event featuring the movie that hit #1 in U.S. theaters! With all of the great publicity that has surrounded this film, a Movie Event at your church makes for a great outreach event.*

This work was probably compiled by his disciples or disciples of his disciples. It was subsequently edited and shortened by Zhao Qi in the second century C. This version of the text was used by subsequent scholars and is the version available to us nowadays. Mencius lived in the second half of the Zhou dynasty c. The Zhou king had become merely a figurehead, and real power lay in the hands of the rulers typically dukes of the different states into which the realm was divided. These rulers increasingly usurped the power and prerogatives of the Zhou king, and also waged war against each other. Those in positions of power lived in fear of execution or assassination, while peasants suffered under the burden of heavy taxation, the depredations of bandits, and the devastation of invading armies. One of these thinkers was Mencius, who self-identified as a follower of Confucius: Consequently, it is helpful in understanding Mencius to know something about the basic themes of Confucianism. Confucius is the first individual thinker we know of to advocate a systematic vision of the Way. The Analects is traditionally viewed as a reliable source of his sayings, but in contemporary scholarship there is considerable controversy over its historical accuracy. In particular, the Confucius of the Analects emphasizes the importance of 1 revivalistic traditionalism; 2 rule through Virtue rather than brute force; 3 ritual as a model for ethical behavior; 4 the family; and 5 ethical cultivation. Confucius saw himself as merely explicating and defending the teachings of the wise sage kings of the past: However, Confucius himself called for changes, sometimes radical ones, to contemporary practice. Like revivalists of modern times such as Martin Luther King, Jr. Mencius similarly took inspiration from the ancient sages. However, Mencius also stressed the need to read the classics creatively and critically. One of the lessons Confucius learned from the ancient texts was the importance of ruling the people through ethical inspiration rather than coercion. Confucius did not completely dismiss the use of force, but he regarded it as a last resort, and as ultimately ineffective when used as the primary method of governing. We see a similar denigration of the use of brute force in Mencius. In place of penal sanctions, Confucius advocated leading the people by moral inspiration and by the subtle but ubiquitous effect of social mores: Subjects would willingly follow a ruler with Virtue, without the need for coercion. Although Virtue was originally something only a true king could possess, it came to be thought of as an attribute of any person with good character i. However, its meaning gradually expanded over time to include etiquette e. Confucius stressed that appropriate emotions are essential to correct performance of rituals: However, he emphasized that ritual cannot be followed inflexibly see Section 2, below, and Mengzi 4A17, 5A2, 6B2, and Analects 9. The family is central to Confucian ethics in at least two ways. First, Confucius advocates agent-relative constraints on action that are based on familial relationships. Second, the family is a crucial environment for nurturing virtue. The gentleman applies himself to the roots. Confucius was painfully aware that virtue and the proper performance of the rituals are not common in his society: I have yet to meet a man who loves Virtue as much as he loves sex Analects 9. But even dogs and horses are provided with nourishment. If you are not respectful, wherein lies the difference? Confucius stresses the importance of both learning by studying classic texts and following the rituals and reflecting: However, many of the debates among Confucians of the following two and a half millennia are about the precise form that learning and reflecting take, and their relative importance see Ivanhoe Xunzi discussed in Section 5, below emphasized study of the classics and performance of rituals, as did Dong Zhongshu, whose formulation of Confucianism was deeply influential in the Han dynasty BCE CE. Mencius was born about a century after the death of Confucius. Caring for the inner field would be the joint responsibility of all the families, and the produce from that field would belong to the government as its tax. Mencius held office in the state of Qi 2B6-7. The state of Yan was in turmoil due to a succession crisis. Mencius was asked, unofficially, whether it might be legitimate to invade Yan to restore order. He replied that it was. However,

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after Qi successfully invaded and annexed Yan, Mencius complained that he had not encouraged the specific actions that Qi took, which apparently included widespread killing of noncombatants and taking spoils of war see 2B8, 1B10, 1B11, and 2B9, in that order. Mencius eventually resigned his position, when it became clear to him that the ruler was unwilling to enact any of the reforms that he proposed 2B10. After years of traveling from state to state, trying to advise rulers, Mencius retired from public life. Mencius advocated acceptance of the will of Heaven 2B13 ; however, he must have been disappointed with his inability to improve government during his lifetime, and this is reflected in the plaintive tone of the closing passage of the Mengzi: It is not long from the era of a sage, and we are close to the home of a sage. Yet where is he? Each of the four virtues is associated with a characteristic emotion or motivational attitude: The feeling of disdain is righteousness. The feeling of respect is propriety. Among these four, Mencius devotes the most discussion to benevolence and righteousness. Benevolence is manifested in the affection one has for his or her own kin, as well as compassion for the suffering of other humans, and even concern for non-human animals. However, according to Confucians, one should always have greater concern for, and has greater obligations toward, relatives, teachers, and friends than one does for strangers and animals 7A Benevolence is not simply a matter of feeling a certain way: A fully benevolent person will be disposed to recognize the suffering of others and to act appropriately. Thus, a genuinely benevolent ruler will notice how his policies will affect his subjects, and will only pursue policies consistent with their well being 1B5. Righteousness is a disposition to disdain or regard as shameful dishonorable behavior or demeaning treatment. As is the case with benevolence, righteousness has cognitive and behavioral aspects. Thus, a righteous person would object to being addressed disrespectfully 7B31 , and would not engage in an illicit sexual relationship 3B3. A fully righteous person would also recognize that it is just as shameful to accept a large bribe as it is to accept a small bribe 6A10 , and so would refuse to accept either. Mencius suggests that wisdom and propriety are secondary in importance to benevolence and righteousness: The core of wisdom is knowing these two and not abandoning them. As the preceding passage suggests, wisdom involves an understanding of and commitment to the other virtues, especially benevolence and righteousness. Other passages indicate that a wise person has the ability to properly assess individuals and has skill at means-end deliberation 5A9. He notes that no sage would kill an innocent person, even if it meant obtaining control of and being able to benefit the whole world 2A2. Propriety is manifested in respect 6A6 or deference 2A6 toward elders and legitimate authority figures, especially as manifested in ceremonies and etiquette. The character for the virtue of propriety is identical with the one for ritual, reflecting the close connection between this virtue and such practices. Mencius thinks that matters of ritual place legitimate ethical demands on us, but he stresses that they are not categorical, and can be overridden by more exigent obligations. Knowing when to violate ritual is a matter of wisdom. Mencius discusses other virtues in addition to benevolence, righteousness, wisdom, and propriety, but it seems that they are ultimately manifestations of the preceding virtues. For example, in a nuanced account of courage, Mencius distinguishes between courage as exemplified in stereotypically daring behavior assaulting anyone who insults you , in fearlessness, and in a commitment to righteousness. Mencius suggests that the last kind of courage is the highest form. Courage based on righteousness will lead to fearless opposition to wrongdoing, but also humble submission when one finds oneself in the wrong. The sprouts are manifested in cognitive and emotional reactions characteristic of the virtues. For example, all humans feel compassion for the suffering of other humans and animals, at least on some occasions, and this is a manifestation of benevolence. Similarly, every person has some things that he or she would be ashamed to do, or some forms of treatment he or she would disdain to accept, and these are expressions of righteousness. Our nascent virtues are sporadic and inconsistent in their manifestations. Consequently, a ruler who manifests genuine benevolence when he spares an ox being led to slaughter may nonetheless ignore the suffering of his own subjects. Likewise, someone who would disdain to be addressed disrespectfully may feel no compunction in acting against his convictions in the face of a large bribe. As Mencius puts it: To extend this reaction to that which they will bear is benevolence. People all have things that they will not do. To extend this reaction to that which they will do is righteousness.

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If people can fill out the heart that does not desire to harm others, their benevolence will be inexhaustible. The discussion of this issue has a long history, but was revived in Western scholarship by Nivison. The basic structure of Mencian extension is clear from this example. In 1A7, C1 is the ox being led to slaughter. The king perceives that the ox is suffering, feels compassion for its suffering, and acts to spare it. There is also a case that is relevantly similar to the paradigm case, C2, but in which the individual does not currently have the same cognitive, emotional, and behavioral reactions. Although his subjects suffer, the king ignores their suffering, has no compassion for it, and does not act to alleviate it. Were the king to extend from the ox to his subjects, he would notice their suffering, feel compassion for them, and change his current military and civil policies. Later in 1A7, Mencius provides concrete advice about which policies to enact. What is the connection between the king perceiving the logical similarity of the suffering of the ox to the suffering of his own people and the king actually being motivated to act to help his people? Most people will resort to crime in the face of hunger and fear: When there are benevolent persons in positions of authority, how is it possible for them to trap the people? Socialization is also necessary: Mencius illustrates this with an example of learning the board game of go:

## Chapter 8 : Start Playing - Necromunda

*How to Stop Fucking Up Your Romantic Relationships. Relationships can be complicated and difficult. But few people know that there are some pretty clear signals to know if a relationship is going to work or not.*

It is called a democracy, because not the few but the many govern. If we look to the laws, they afford equal justice to all in their private differences; if to social standing, advancement in public life falls to reputation for capacity, class considerations not being allowed to interfere with merit; nor again does poverty bar the way, if a man is able to serve the state, he is not hindered by the obscurity of his condition. Agariste was the great-granddaughter of the tyrant of Sicyon, Cleisthenes, and the niece of the Athenian reformer Cleisthenes. His early years were quiet; the introverted young Pericles avoided public appearances, instead preferring to devote his time to his studies. He learned music from the masters of the time Damon or Pythocleides could have been his teacher [14] [15] and he is considered to have been the first politician to attribute importance to philosophy. Anaxagoras, in particular, became a close friend and influenced him greatly. Throughout these years he endeavored to protect his privacy and to present himself as a model for his fellow citizens. For example, he would often avoid banquets, trying to be frugal. Samons II argues, however, that Pericles had enough resources to make a political mark by private means, had he so chosen. The accusation was that Cimon betrayed his city by aiding Sparta. Constantine Paparrigopoulos, a major modern Greek historian, argues that Pericles sought for the expansion and stabilization of all democratic institutions. First Peloponnesian War [edit] Main article: In BC he attacked Sicyon and Acarnania. The campaign culminated in disaster; the besieging force was defeated and destroyed. The very existence of the treaty is hotly disputed, and its particulars and negotiation are ambiguous. In BC the oligarchs of Thebes conspired against the democratic faction. The Athenians demanded their immediate surrender, but after the Battle of Coronea, Pericles was forced to concede the loss of Boeotia in order to recover the prisoners taken in that battle. Euboea and Megara revolted. Pericles crossed over to Euboea with his troops, but was forced to return when the Spartan army invaded Attica. Through bribery and negotiations, Pericles defused the imminent threat, and the Spartans returned home. Nonetheless, the "serious purpose" namely the bribery was so obvious to the auditors that they approved the expenditure without official meddling and without even investigating the mystery. He then punished the landowners of Chalcis, who lost their properties. The residents of Histiaea, meanwhile, who had butchered the crew of an Athenian trireme, were uprooted and replaced by 2, Athenian settlers. The ambitious new leader of the conservatives, Thucydides not to be confused with the historian of the same name, accused Pericles of profligacy, criticizing the way he spent the money for the ongoing building plan. Thucydides initially managed to incite the passions of the ecclesia regarding these charges in his favor. However, when Pericles took the floor, his resolute arguments put Thucydides and the conservatives firmly on the defensive. Finally, Pericles proposed to reimburse the city for all questionable expenses from his private property, with the proviso that he would make the inscriptions of dedication in his own name. Worsted in the war, the Milesians came to Athens to plead their case against the Samians. Phidias, who had been in charge of all building projects, was first accused of embezzling gold meant for the statue of Athena and then of impiety, because, when he wrought the battle of the Amazons on the shield of Athena, he carved out a figure that suggested himself as a bald old man, and also inserted a very fine likeness of Pericles fighting with an Amazon. Although Aspasia was acquitted thanks to a rare emotional outburst of Pericles, his friend, Phidias, died in prison and another friend of his, Anaxagoras, was attacked by the ecclesia for his religious beliefs. Peloponnesian War The causes of the Peloponnesian War have been much debated, but many ancient historians lay the blame on Pericles and Athens. Plutarch seems to believe that Pericles and the Athenians incited the war, scrambling to implement their belligerent tactics "with a sort of arrogance and a love of strife". However, as he is generally regarded as an admirer of Pericles, Thucydides has been criticized for bias against Sparta. During the same period, Pericles proposed the Megarian Decree, which resembled a modern

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trade embargo. According to the provisions of the decree, Megarian merchants were excluded from the market of Athens and the ports in its empire. This ban strangled the Megarian economy and strained the fragile peace between Athens and Sparta, which was allied with Megara. The obvious purpose of these proposals was the instigation of a confrontation between Pericles and the people; this event, indeed, would come about a few years later. According to Athanasios G. Platias and Constantinos Koliopoulos, professors of strategic studies and international politics, "rather than to submit to coercive demands, Pericles chose war". This deputation was not allowed to enter Athens, as Pericles had already passed a resolution according to which no Spartan deputation would be welcomed if the Spartans had previously initiated any hostile military actions. The Spartan army was at this time gathered at Corinth, and, citing this as a hostile action, the Athenians refused to admit their emissaries. For most, the move meant abandoning their land and ancestral shrines and completely changing their lifestyle. This promise was prompted by his concern that Archidamus, who was a friend of his, might pass by his estate without ravaging it, either as a gesture of friendship or as a calculated political move aimed to alienate Pericles from his constituents. Even when in the face of mounting pressure, Pericles did not give in to the demands for immediate action against the enemy or revise his initial strategy. He also avoided convening the ecclesia, fearing that the populace, outraged by the unopposed ravaging of their farms, might rashly decide to challenge the vaunted Spartan army in the field. According to the most stringent provision of the decree, even proposing a different use of the money or ships would entail the penalty of death. During the autumn of BC, Pericles led the Athenian forces that invaded Megara and a few months later winter of 427 BC he delivered his monumental and emotional Funeral Oration, honoring the Athenians who died for their city. He himself died of the plague in the autumn of BC. Pericles, though moribund, heard them and interrupted them, pointing out that they forgot to mention his fairest and greatest title to their admiration; "for", said he, "no living Athenian ever put on mourning because of me". He offered her to another husband, with the agreement of her male relatives. The fact that he was at the same time a vigorous statesman, general and orator only tends to make an objective assessment of his actions more difficult. According to Plutarch, after assuming the leadership of Athens, "he was no longer the same man as before, nor alike submissive to the people and ready to yield and give in to the desires of the multitude as a steersman to the breezes". McGregor and John S. Morrison, proposed that he may have been a charismatic public face acting as an advocate on the proposals of advisors, or the people themselves. Hatred and unpopularity at the moment have fallen to the lot of all who have aspired to rule others. Being always cautious, he never undertook of his own accord a battle involving much uncertainty and peril and he did not accede to the "vain impulses of the citizens". A common criticism is that Pericles was always a better politician and orator than strategist. He asserts that since Pericles must have known about these limitations he probably planned for a much shorter war. Knight, conclude that the strategy was too defensive and would not succeed.

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## Chapter 9 : How Did 'Stand Your Ground' Laws Originate? | HowStuffWorks

*Arranged marriage is a type of marital union where the bride and groom are selected by individuals other than the couple themselves, particularly family members, such as the parents.*

Arranged marriages across feudal lords, city states and kingdoms, as a means of establishing political alliances, trade and peace were common in human history. Various cultures, particularly some wealthy royals and aristocratic families, arranged marriages in part to conserve or streamline the inheritance of their wealth. This sort of arranged marriage, in theory, enabled the girl to escape poverty and wealthy family to get free labour and a daughter-in-law. Zhaozhui was a related custom by which a wealthy family that lacked an heir would arrange marriage of a boy child from another family. Such arranged marriages helped maintain inheritance bloodlines. This is termed as bride-wealth and locally, by various names such as Lobola and Wine Carrying. The brothers, father and male relatives of the bride typically take keen interest in arranging her marriage to a man who is willing to pay the most wealth in exchange for the right to marry her. Of the major religions of the world, Islam forbids marriage of girls born to a devout parent to a man who does not belong to that religion. In other words, Islam forbids marriage of Muslim girls to non-Muslim men, [95] and the religious punishment for those who marry outside might be severe. These fears have been stoked by observed divorces once the minimum married residence period requirement is met. Activists such as Charlotte Bunch suggest that marriages arranged by parents and other family members, typically assume heterosexual preference and involve emotional pressure; this drives some individuals into marriages that they consent under duress. In contrast, preventing arranged marriages may harm many individuals who want to get married and can benefit from parental participation in finding and selecting a mate. For example, Willoughby suggests [] that arranged marriages work because they remove anxiety in process of finding the spouses. Willoughby further suggests that parents and family provide more than input in the screening and selection process; often, they provide financial support for the wedding, housing, emotional support and other valuable resources for the couple as they navigate past the wedding into married life, and help raise their children. Michael Rosenfeld says [] that the differences between autonomous marriages and arranged marriages are empirically small; many people meet, date and choose to marry or cohabit with those who are similar in background, age, interests and social class they feel most similar to, screening factors most parents would have used for them anyway, according to Rosenfeld. Assuming the pool from which mates are screened and selected is large, Rosenfeld suggests that the differences between the two approaches to marriages are not as great as some imagine them to be. The global divorce rate for arranged marriages was 6. Others suggest that the low divorce rate may not reflect stability, rather it may reflect the difficulty in the divorce process and social ostracism to the individuals, who choose to live in a dysfunctional marriage rather than face the consequences of a divorce. There is a difference in observed divorce rates between various types of arranged marriages. Love and respect in arranged versus autonomous marital life[ edit ] Various small sample surveys have been done to ascertain if arranged marriages or autonomous marriages have a more satisfying married life. The results are mixed - some state marriage satisfaction is higher in autonomous marriages, others find no significant differences. Epstein suggests that in many arranged marriages, love emerges over time. Neither autonomous nor arranged marriages offer any guarantees. Many arranged marriages also end up being cold and dysfunctional as well, with reports of abuse.