

No More Misbehavin 38 Difficult Behaviors And How To Stop Them

AN ADVANCED LIFESPAN ODYSSEY FOR COUNSELING PROFESSIONALS, 1st Edition, aligns precisely with CACREP standards for counselor training programs at the Master's level. Rigorous yet accessible to students with a variety of educational backgrounds, this practical new text provides comprehensive descriptions of more than 30 major developmental theories and perspectives -- with a focus on developmental issues encountered by counseling professionals along with strategies and techniques to deal with them. Cross-cultural variations and implications are discussed throughout the book, and each chapter presents case studies and current issues that further anchor the material in the real world. Reflections from parents and current practitioners enhance the emphasis on application, giving students ideas for how to integrate theories and other information into real-life practice. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Designed to help parents to take charge of their home, offers tips on how to recognize six types of testing and manipulating behavior and how to constructively handle misbehavior at home and in public.

Does your kid never take no for an answer and demand things go his way? Do her theatrics leave you drained at the end of the day? Are you resorting to bribes and threats to get your kid to do chores? Does he cheat, complain, or blame others for his problems? Do you feel you're running a hotel instead of a home? Are you starting to feel like your child's personal ATM machine? What happened? You thought you were doing the best for your child and didn't set out to raise a selfish, insensitive, spoiled kid. In her newest book, *Don't Give Me That Attitude!* parenting expert Michele Borba offers you an effective, practical, and hands-on approach to help you work with your child to fix that very annoying but widespread youthful characteristic, attitude. If you have a child who is arrogant, bad-mannered, bad-tempered, a cheat, cruel, demanding, domineering, fresh, greedy, impatient, insensitive, irresponsible, jealous, judgmental, lazy, manipulative, narrow-minded, noncompliant, pessimistic, a poor loser, selfish, uncooperative, ungrateful, or unhelpful, this is the book for you!

Build the Strong Personal Credibility You Need to Live a Truly Great Life •A complete plan for earning the trust and confidence of those around you •Learn the three secrets of personal credibility... and seven powerful ways to enhance it •Bring new authenticity and transparency to all your personal interactions Can you be trusted? Right now, someone is asking that question. If they decide to trust you, they'll work with you, care about you, open up to you... help you live a more successful, more fulfilled, happier life. If not, you're on your own... This book reveals the secrets of gaining the personal credibility that makes trust possible. It's about tearing down the 'human invisible fence' that warns people away from you. It's about sending the right signals... and not sending the wrong ones. It's about restoring the trust you may have already lost. There's no fakery here: In the long run, you either earn trust or you don't. This book will help you earn it. You'd trust your life with some people. Others, you wouldn't trust for an instant, even when the stakes are low. Why? What builds the personal credibility that some people simply exude? What do they do differently? This book shows you- and teaches simple techniques for building your own personal credibility, the #1 factor in earning trust and achieving success. Leading speaker and coach Sandy Allgeier begins with a set of powerful stories that demonstrate how personal credibility is earned-and how easily it can be destroyed. She illuminates three crucial secrets of personal credibility, and then shows how to tear down your 'human invisible fence' and bring more authenticity to all your interactions. Allgeier concludes with seven specific steps you can take every day to increase your personal credibility-or rebuild credibility you've already lost.

This is a deliberately provocative book. It critiques current student behaviour management practices, seeks to explain the flawed assumptions that justify those practices, and proposes how things could be better for children in our schools if different practices were adopted. It is one of the few books to offer alternative ways of addressing the issues associated with student behaviour at school, and exposes the field to serious and sustained critique from both a research perspective and a children's rights ideological stance. The authors address the following questions: What ideas dominate current thinking on student behaviour at school? What are the policy drivers for current practices? What is wrong with common behaviour approaches? What key ideologies justify these approaches? How can we present ethical alternatives to current approaches? How can a human rights perspective contribute to the development of alternative approaches? In exploring these questions and some ethical alternatives to the status quo, the authors suggest practical ways to 'answer back' to calls for more authoritarian responses to student behaviour within our schools. In doing so, the authors advocate for reforms on behalf of children, and in their interests.

Includes a Touchstone reading group guide in unnumbered pages at end of work.

Overview From a child fretting over having a male teacher for the first time to suffering from test anxiety, this practical and humorous guide offers parents a commonsense approach to handling a variety of school-related problems. Some of the issues addressed include serious subjects such as how to tell if a child has a learning disability, as well as more light-hearted situations such as what to do if a child is afraid of the automatic flushing toilets at school. Written by an experienced teacher and mother of three, *How to Handle School Snafus* offers kid-tested solutions for the most challenging and hilarious problems that the school year can bring.

Completely updated to report the latest research in child development and learning, *Positive Discipline for Preschoolers* will teach you how to use methods to raise a child who is responsible, respectful, and resourceful. Caring for young children is one of the most challenging tasks an adult will ever face. No matter how much you love your child, there will be moments filled with frustration, anger, and even desperation. There will also be questions: Why does my four-year-old deliberately lie to me? Why won't my three-year-old listen to me? Should I ever spank my preschooler when she is disobedient? Over the years, millions of parents just like you have come to trust the *Positive Discipline* series and its

commonsense approach to child-rearing. This revised and updated third edition includes information from the latest research on neurobiology, diet and exercise, gender differences and behavior, the importance of early relationships and parenting, and new approaches to parenting in the age of mass media. In addition, this book offers new information on reducing anxiety and helping children feel safe in troubled times. You'll also find practical solutions for how to: - Avoid the power struggles that often come with mastering sleeping, eating, and potty training - See misbehavior as an opportunity to teach nonpunitive discipline—not punishment - Instill valuable social skills and positive behavior inside and outside the home by using methods that teach important life skills - Employ family and class meetings to tackle behavioral challenges - And much, much more!

Best-selling parenting guru Michele Borba, the mother of three, has surveyed 5,000 mothers for their experience and wisdom in raising happier, more confident kids by returning to a more natural, authentic kind of mothering. She shares 12 top secrets of successful moms culled from her research and shows how to apply them to your family. You'll learn how to... Apply the 12 essential principles that child experts and 5,000 parents say matter most in good mothering Raise children with confidence, resilience, and character Create a customized mothering plan and use it so it leads to success with your child Cut the guilt and reduce the stress by sticking to what really counts in parenting good kids today Discover simple ways to make big differences in your family's life

"This will be the only discipline book you'll ever need to raise good kids." -from the Foreword by Jack Canfield, coauthor, *Chicken Soup for the Soul* and *Chicken Soup for the Parent's Soul* "Michele Borba offers insightful, realistic, and straightforward advice that is sure to get immediate results." -Editor-in-Chief, *Parents Magazine* "A sensitive, thoughtful, eminently practical book that will help parents help their children change behaviors that will improve the child's, and the entire family's, well being and happiness. A wonderful contribution!" -Alvin Rosenfeld, M.D., child psychiatrist and coauthor, *Over-Scheduled Child* Anger, Anxiety, Biting, Bossy, Bullied, Bullying, Chore Wars, Cynical, Defiant, Doesn't Listen, Fighting, Gives Up Easily, Hitting, Homework Battles, Hooked on Rewards, Impulsivity, Intolerant, Lying and Cheating, Materialistic, Mean, Negative Peer Pressure, No Friends, Over-Perfectionism, Poor Sportsmanship, Put-Downs, Rude, Selfish, Sibling Battles, Short Attention Span, Shy, Stealing, Swearing, Talking Back, Tattling, Teased, Temper Tantrums, Whining, Yelling. Parenting expert Dr. Michele Borba tackles the most common bad behaviors that kids ages 3 to 12 repeat over and over behaviors that drive parents crazy. In this enormously useful, simple-to-use book she shows how to change these behaviors for good. For each negative behavior Dr. Borba offers a series of key tips and guidelines and outlines a step-by-step plan for a customized makeover that really works! Using the steps outlined in *No More Misbehavin'* will give you the help you need to raise kids with strong values and good character.

This beautifully illustrated reference book contains exactly 1000 things to eat, from raw ingredients to delicious dishes. Children will enjoy poring over categories such as 'Home baking', 'Breakfast', 'The fishmonger' and 'Festivals and celebrations', finding food they eat every day as well as a variety of exciting foods from around the world. Pre-readers will enjoy looking and pointing at the beautiful pictures, while older children can use the book as a starting point for discussion or research. An excellent tool for improving vocabulary as each picture is labelled, with an index at the back of the book. Part of the '1000 Things' series, which includes 1000 Things in Nature, 1000 Animals, '1000 Things under the sea' and '1000 Things to eat'.

This book provides readers with direction on how to organize psychoeducational groups while also helping them enhance skills for effectively leading such groups—all in one comprehensive volume! Offering an applied, pragmatic approach, author Janice L. DeLucia-Waack uniquely integrates research and practice to suggest valuable leadership strategies while addressing special issues such as children of divorce, anger management, bullying behaviors, and much more.

You'd trust your life with some people. Others, you wouldn't trust for an instant, even when the stakes are low. Why? What builds the personal credibility that some people simply exude? What do they do differently? This book shows you and helps you build your own personal credibility, the #1 attribute in earning trust and achieving success. Renowned personal coach Sandra K. Allgeier begins with a set of powerful stories that demonstrate what personal credibility really consists of, how it's earned, and how easily it can be destroyed. You'll discover how small daily actions, together with specific communication techniques and decisions, shape others' view of whether you can be trusted. Next, Allgeier illuminates three oft-neglected, crucial secrets of personal credibility. You'll find a hands-on assessment tool designed to help you bring more personal authenticity and transparency to your interactions; as well as practical guidance on suspending judgment and really listening, thereby earning others' trust even if you ultimately choose to disagree. Allgeier concludes with seven specific steps you can take every day to increase your personal credibility, and rebuild credibility you may have already lost. Following her easy-to-understand, easy-to-use guidance, you can live a life that's not just more successful, but happier and more fulfilled, too.

In a culture that has lost touch with love, compassion, and meaning, how can parents be intentional about building a spiritual foundation for their children's development? In looking to their own upbringing for guidance, parents often feel even more at a loss—they don't want to make the same mistakes their parents did, so they either become too strict, or they take a completely hands-off approach. A pastor, a teacher, and a mother, Karen Marie Yust offers a refreshing array of resources and provisions to guide and sustain parents and children on their mutual journey. Drawn from a three-year study of children's spirituality, as well as the best in theological tradition and literature, *Real Kids, Real Faith* provides insight and a variety of helpful tips for nurturing children's spiritual and religious formation. Yust challenges the prevailing notion that children are unable to grasp religious concepts and encourages parents to recognize children as capable of authentic faith.

No More Misbehavin' 38 Difficult Behaviors and How to Stop Them John Wiley & Sons

An introduction for new fans, a useful handbook for jazz enthusiasts and performers, and an important reference for students and educators, this second edition of Ted Gioia's *The Jazz Standards*--now updated by popular demand-- belongs on the shelf of every serious jazz lover or musician.

Written by two practising clinicians, this book is designed as a guide for those who work with children. In clear, simple language it focuses upon some of the most common, yet often incapacitating difficulties which are frequently encountered by young children and adolescents. After introducing and discussing different forms of therapy and treatment used in clinical work with children, the book provides a series of chapters, each dealing with a specific difficulty. Drawing upon recent research findings, and employing detailed case illustrations, it seeks to help the reader to understand the nature of each problem and offers a guide as to how the child in difficulty can best be helped. The book is designed to be of particular value to those working in education, social work, health and child-care settings, and anyone who needs to be able to recognize and help children in difficulty.

Today show's Michele Borba's cures for difficult childhood behaviors In this down-to-earth guide, parenting expert Michele Borba offers advice for dealing with children's difficult behavior and hot button issues including biting, temper tantrums, cheating, bad friends, inappropriate clothing, sex, drugs, peer pressure, and much more. Written for parents of kids age 3-13, this book offers easy-to-implement advice for the most important challenges parents face with kids from toddlers to tweens. Includes immediate solutions to the most common childhood problems and challenges Written by Today Show's resident parenting expert Michele Borba Offers clear step-by-step guidance for solving difficult childhood behaviors and family conflicts Contains a wealth of advice that is easy-to-follow and gets quick results Author has written outstanding parenting books including *Building Moral Intelligence*, *No More Misbehavin'*, *Don't Give Me that Attitude*, and more Each

of the 101 issues includes clear questions, specific step-by-step solutions, and advice that is age appropriate.

The bestselling author of *UnSelfie* explains why the old markers of accomplishment (grades, test scores) are no longer reliable predictors of success in the 21st century -- and offers 7 teachable traits that will safeguard our kids for the future. Michele Borba has been a teacher, educational consultant, and parent for 40 years -- and she's never been more worried than she is about this current generation of kids. The high-achieving students she talks with every day are more accomplished, better educated, and more privileged than ever before. They're also more stressed, unhappier, and struggling with anxiety, depression, and burnout at younger and younger ages -- we're like pretty packages with nothing inside, said one young teen. Thrivers are different: they flourish in our fast-paced, digital-driven, often uncertain world. Why? Dr. Borba combed scientific studies on resilience, spoke to dozens of researchers/experts in the field and interviewed more than 100 young people from all walks of life, and she found something surprising: the difference between those who struggle and those who succeed comes down not to grades or test scores, but to seven character traits that set Thrivers apart (and set them up for happiness and greater accomplishment later in life). These traits--confidence, empathy, self-control, integrity, curiosity, perseverance, and optimism--will allow kids to roll with the punches and succeed in life. And the even better news: these traits can be taught to children at any age...in fact, parents and educators must do so. In *Thrivers*, Dr. Borba offers practical, actionable ways to develop these traits in children from preschool through high school, showing how to teach kids how to cope today so they can thrive tomorrow.

A brand new collection of powerful insights into persuading, motivating, and inspiring everyone you work with... 4 pioneering books, now in a convenient e-format, at a great price! 4 remarkable eBooks help you persuade, influence, convince, and inspire everyone around you. These 4 extraordinary eBooks offer you an unprecedented toolset for persuading, influencing, inspiring, and motivating everyone around you. In *How to Argue: Powerfully, Persuasively, Positively*, Oxford's Jonathan Herring teaches you how to calmly and confidently persuade in any environment -- free of fear, confusion, and intimidation. You'll learn practical skills that make some people so articulate and compelling... how to handle difficult people and heated situations... how to make your point more powerfully than ever before. Next, in *The Personal Credibility Factor: How to Get It, Keep It, and Get It Back (If You've Lost It)*, renowned personal coach Sandy Allgeier shows how to systematically build your personal credibility -- the #1 attribute in earning trust and success. Allgeier's hands-on assessment tool will help you bring more authenticity and transparency to your interactions, and her practical guidance on listening will help you earn others' trust even if you ultimately choose to disagree. Allgeier concludes with seven specific steps you can take every day to increase personal credibility, and rebuild credibility you've already lost. Then, in *How to Get What You Want...Without Having to Ask*, best-selling author Richard Templar offers up 100 clever, simple, pain-free ways to get people to happily say "yes" to you. You'll discover bite-size techniques for getting what you want without saying a word... and when you do still have to ask, you'll find the techniques and words that'll get the job done. Finally, in *Making Sense of People: Decoding the Mysteries of Personality*, renowned psychiatrist and neuroscientist Samuel Barondes shares practical tools for understanding what individuals are really like -- and how they got that way. He offers a complete system for assessing each person's traits, character, and sense of identity, integrating those elements into a unified picture, and using it to be more effective in every area of your life. Learn how to supplement your intuition to choose more satisfying relationships, recognize telltale signs of dysfunction and danger, and savor the complexity and uniqueness of everyone you meet! From world-renowned experts in personal coaching, human motivation, and psychology Jonathan Herring, Sandy Allgeier, Richard Templar, and Samuel Barondes

This second edition of "SOS" provides parents with guidance for handling a variety of common behavior problems based on the behavior approach to child rearing and discipline. This approach suggests that good and bad behavior are both learned and can be changed, and proposes specific methods, skills, procedures, and strategies for parents to use in getting improved behavior from their children. The guide is divided into four sections. Section 1 presents some fundamentals of child behavior and effective discipline. Some of the causes of children's misbehavior are examined as well as ways of increasing good behavior and eliminating bad ones. Section 2 provides advice for implementing the "time-out" method. Section 3 gives suggestions on how to: (1) manage bad behavior away from home; (2) use points, tokens, and contracts; (3) use time-out on two children at the same time; (4) use time-out on a toy instead of the child; (5) handle aggressive and dangerous behavior; and (6) help children express feelings. Section 4 suggests some additional resources for helping children. Each chapter includes a review of the most important ideas and instructions presented. The book's two appendices include an index of problem behaviors, quizzes and answers for parents, more resources for professionals, and tear-out sheets for parents and teachers. Approximately 60 references are included. A videotape, not available from ERIC, demonstrates the child-rearing rules, and errors to avoid, as well as other child management methods. A printed "Video Leader's Guide" for the training leaders provides objectives, suggested outlines for workshops, and guidelines for discussing the behavior vignettes in the video. Workshop evaluation forms and handouts are appended. A parent audio cassette on how to use "time out" effectively is also part of this multimedia package. (HTH)

Now, you can play stride piano, even if you've never attempted it before. Judy Carmichael, one of the world's top stride performers, will show you how it's done. You've seen her on television, the Internet, at festivals, and in clubs, and now she'll share her secrets with you! You'll begin with Carmichael's tips and practice drills, which will get your fingers moving across the keyboard more easily than you ever thought possible, followed by her stride renditions of some of the world's most beloved standards. You'll learn by listening with the 14 audio tracks on the enclosed CD. These are performances of exactly what's notated on the pages. The fun and challenge of learning stride piano will push your playing to incredible new heights. Titles: Judy Carmichael's Stride Exercises * Ain't Misbehavin' * Ain't She Sweet * Christopher Columbus * Honeysuckle Rose * I Got Rhythm * I Would Do Anything for You * Jive at Five * Lazy River * Little Rock Getaway * Love Is Just Around the Corner * Nagasaki * Oh! Lady Be Good * Old Fashioned Love * Rosetta.

Stephen Sondheim and James Lapine's beloved musical masterpiece becomes a major motion picture, starring Meryl Streep and Johnny Depp.

In this workbook companion, we expand on the strategies presented in the book by supplying need-based practical and specific strategies for implementation of a variety of other subject matters. The book provides contributions from a mix of teacher educators and practitioners. We focus on a specific targeted group, high school age adolescents. Our targeted readers are new and experienced teachers developing curricula for this group.

Taking a sociological approach, this reader addresses the diverse array of crimes against women and offers a compilation of research on this often minimized topic. Rich in conceptualization and theory, these readings tackle topics from the victim's perspective and include media images, legal analysis, and official statistics. Material is presented within historical, legal, and social contexts so readers get a comprehensive understanding of female victimization.

Throughout the collection, the causes of female victimization are examined, the responses from the criminal justice system are considered and the consequences for society are revealed.

The primary goal of instructional design is improving the quality of learning and instruction. Instructional designers have focused on a number of areas of critical concern and developed a variety of techniques to achieve this goal (Reigeluth, 1983, 1999). Critical areas of concern for those who plan, implement and manage instruction include (a) needs assessment (identifying gaps or deficiencies in knowledge and performance to be addressed in instruction); (b) task

analysis (identifying the types of knowledge, skills and attitudes to be developed during instruction); (c) learner analysis (determining who the learners are, what they know, relevant differences, etc.); (d) instructional strategies (developing strategies appropriate for the task and learners involved); and (e) assessment and evaluation (determining how to assess individual progress and evaluate programs). There are many books already in print that treat the general domain of instructional design, as well as texts that target each of these areas of concerns. Why then another book on these issues? There are several answers to this question. Many of the available books treat instruction as a formal process that proceeds according to specific and detailed instructional systems development models (see, for example, Dick, Carey & Carey, 2005). Indeed, the US military has created a series of handbooks specifying details of the various instructional development processes (see Department of Defense, 1999).

[This title] operates on the radical premise that neither child nor parent must dominate. -- Review.

From one of the most beloved and bestselling authors in the English language, a vivid, nostalgic and utterly hilarious memoir of growing up in the middle of the United States in the middle of the last century. A book that delivers on the promise that it is "laugh-out-loud funny." Some say that the first hints that Bill Bryson was not of Planet Earth came from his discovery, at the age of six, of a woollen jersey of rare fineness. Across the moth-holed chest was a golden thunderbolt. It may have looked like an old college football sweater, but young Bryson knew better. It was obviously the Sacred Jersey of Zap, and proved that he had been placed with this innocuous family in the middle of America to fly, become invisible, shoot guns out of people's hands from a distance, and wear his underpants over his jeans in the manner of Superman. Bill Bryson's first travel book opened with the immortal line, "I come from Des Moines. Somebody had to." In this hilarious new memoir, he travels back to explore the kid he once was and the weird and wonderful world of 1950s America. He modestly claims that this is a book about not very much: about being small and getting much larger slowly. But for the rest of us, it is a laugh-out-loud book that will speak volumes – especially to anyone who has ever been young.

(Fake Book). You don't have to be from below the Mason-Dixon line to enjoy this primo collection for B-flat instruments of nearly 250 Dixieland tunes: Ain't Misbehavin' * Alexander's Ragtime Band * Bill Bailey, Won't You Please Come Home * California, Here I Come * Dinah * Down by the Riverside * Georgia on My Mind * Hard Hearted Hannah (The Vamp of Savannah) * Honeysuckle Rose * I'm Gonna Sit Right down and Write Myself a Letter * It Don't Mean a Thing (If It Ain't Got That Swing) * Jelly Roll Blues * Lazy River * Makin' Whoopee! * My Baby Just Cares for Me * Nobody Knows You When You're down and Out * Puttin' on the Ritz * St. Louis Blues * Smile * Stompin' at the Savoy * Tiger Rag (Hold That Tiger) * When the Saints Go Marching In * and many more. All the Real Books feature accurate arrangements in the famous easy-to-read, hand-written notation.

Contains new ways to comprehend, evaluate, and motivate children by utilizing the seven essential virtues--conscience, empathy, self-control, respect, tolerance, kindness, and fairness--that define moral intelligence.

From Michael Gurian, the best-selling author of *The Minds of Boys* and *The Wonder of Girls*, comes the next-step book that shows how any parent can tune into a child's unique core personality, hard wiring, temperament, and genetic predisposition in order to help that child flourish and thrive. Based on the most recent brain research, *Nurture the Nature* features the Ten Tips for Nurturing the Nature of Your Baby, self-tests, checklists, and many other tools for you to help your kids get exactly the kind of support they need, from infants to adolescents. While offering positive ideas for nurturing your child, Gurian also shows how to avoid the stress, pressures, and excessive competition of what he identifies as social trends parenting. Most parents know instinctively that their child is unique and has special potential, weaknesses, and strengths. No child is a blank slate. Gurian calls on parents to turn away from one-size-fits-all approaches and instead support the individual core nature of a child with effective and customized loving care.

Argues that criminalization of certain activities has a negative effect on society, denies constitutional rights, and misunderstands religious teachings

More life-saving parenting advice from the bestselling author of *Breaking the Good Mom Myth* Bringing the same perceptive and actionable advice that made *Breaking the Good Mom Myth* an international bestseller, TV host and psychotherapist Alyson Schafer again comes to the rescue of desperate parents everywhere. For those who've tried just about everything to discipline their kids, *Honey, I Wrecked the Kids* explains why children today really are resistant to traditional parenting methods and how only a new model for winning cooperation really works. Full of real-life examples, the book gives parents a deeper understanding of misbehavior and their role in it, shies away from traditional behavioral models of parenting, and offers humane, good-humored advice that will make parenting a manageable and, finally, rewarding task. Alyson Schafer (Toronto, ON) is the host of *The Parenting Show* and a media expert on parenting. She has appeared on *The Montel Williams Show* and been featured in *Cosmopolitan*, *Parenting*, *Reader's Digest*, and more.

(Guitar). Laying down that solid groove for the rest of the band is a joy! In this book, 26 tunes are transcribed in varying levels of difficulty: a basic rhythm approach for the newcomers, then more adventurous and different approaches. Songs are included from styles spanning western swing, fiddle tunes, ballads, jazz standards and a polka. Playing tips are included for each song, plus you'll learn rhythm history, guitar theory, the right hand, a basic chord chart, and more. Winner of the Nobel Prize in Economics Get ready to change the way you think about economics. Nobel laureate Richard H. Thaler has spent his career studying the radical notion that the central agents in the economy are humans—predictable, error-prone individuals. *Misbehaving* is his arresting, frequently hilarious account of the struggle to bring an academic discipline back down to earth—and change the way we think about economics, ourselves, and our world. Traditional economics assumes rational actors. Early in his research, Thaler realized these Spock-like automatons were nothing like real people. Whether buying a clock radio, selling basketball tickets, or applying for a mortgage, we all succumb to biases and make decisions that deviate from the standards of rationality assumed by economists. In other

