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Self-Help in the Digital Age Loredana Filip,2024-09-23 In an age where science and technology hold sway and the humanities face a crisis this book explores the evolving role of literature It delves into how American self help culture shapes contemporary ideals of success mindfulness and happiness with a particular focus on its influence in science communication notably in TED talks Moreover it underscores the enduring relevance of literature in the digital era by analyzing speculative novels that challenge established norms including those propagated by TED These novels include Richard Powers Generosity An Enhancement Margaret Atwood s MaddAddam trilogy and Gary Shteyngart s Super Sad True Love Story They question the Western preference for visual perception which perpetuates a human centric worldview By focusing on literary synesthesia in the readings this book emphasizes sensory experiences and human nonhuman interactions It adopts the concept of research as assemblage and uses a diverse range of theories and approaches while it foregrounds critical posthumanism and new materialism Ultimately it advocates for a less anthropocentric approach to reading and presents literature as a transdisciplinary life science capable of fostering a kinship of posthumanity

The Little Book of Self-Help Ivette Smith,2025-12-18

Futilitarianism Neil Vallelly,2021-11-16 A proposal for countering the futility of neoliberal existence to build an egalitarian sustainable and hopeful future If maximizing utility leads to the greatest happiness of the greatest number of people as utilitarianism has always proposed then why is it that as many of us currently maximize our utility by working endlessly undertaking further education and training relentlessly marketing and selling ourselves we are met with the steady worsening of collective social and economic conditions In Futilitarianism social and political theorist Neil Vallelly eloquently tells the story of how neoliberalism transformed the relationship between utility

maximization and the common good Drawing on a vast array of contemporary examples from self help literature and marketing jargon to political speeches and governmental responses to the COVID 19 pandemic Vallyelly coins several terms including the futilitarian condition homo futilitus and semio futility to demonstrate that in the neoliberal decades the practice of utility maximization traps us in useless and repetitive behaviors that foreclose the possibility of collective happiness This urgent and provocative book chimes with the mood of the time by at once mapping the historical relationship between utilitarianism and capitalism developing an original framework for understanding neoliberalism and recounting the lived experience of uselessness in the early twenty first century At a time of epoch defining disasters from climate emergencies to deadly pandemics countering the futility of neoliberal existence is essential to building an egalitarian sustainable and hopeful future

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Perspectives on Stress and Wellness Management in Times of Crisis Bansal, Rohit,2023-03-31 The COVID 19 pandemic has had a major effect on our lives During the crisis people across the world experienced increased levels of distress and anxiety particularly as a result of social isolation Many of us are facing challenges that can be stressful overwhelming and cause strong emotions in both adults and children It is essential to learn to cope with stress in a healthy way so that we may become more resilient through these crises Addressing stress and wellness in times of crisis requires novel approaches to mental and emotional health support and a fundamentally high standard of care compared to current medication alternatives for anxiety and depression disorders Perspectives on Stress and Wellness Management in Times of Crisis presents the most recent innovations trends concerns practical challenges encountered and solutions adopted in the fields of stress and wellness management It provides emerging research on stress and wellness management in times of crisis innovative stress management strategies and the role and impact of stress management in emotional and mental well being and work performance Covering topics such as cyber incivility leadership persistence and work life balance this premier reference source is an excellent resource for psychologists practitioners industry researchers business leaders and

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