

Chapter 1 : Emotional and Psychological Trauma: Healing from Trauma and Moving On

*More Moving Experiences: Connecting Arts, Feelings and Imagination (Grades K) [Teresa Benzwie, Robert Bender] on theinnatdunvilla.com *FREE* shipping on qualifying offers. Foster the imagination essential to the learning process with expressive movement experiences.*

So the goal was to break this, and say that you will be the hero of a region or population many times, not just once. The irony is that before all that, I played Far Cry 5 for about 40 hours while not even being sure I was enjoying myself, in the hope it would all be redeemed by the conclusion. Far Cry 5 is impeccably constructed, but so keen to avoid making a statement it reads like a passive aggressive subtweet of US politics. That, and big guns that feel great. The Death of Single Player Games: EA has also taken relentless heat for the proposed loot boxes in Star Wars Battlefront 2, which never really came to fruition, and despite using the sequel to add a much-requested story mode. A drive to a longer tail model is sometimes less about greed, than a necessity for existence. This takes me back to a conversation with Rockstar employees back in , who had expressed shock at the number of people who had finished the single player story in Grand Theft Auto 4. This is even more staggering, since GTA5 has sold over 85 million copies, and made more money than any movie, book or game in history. Games can do more than live in the moment The Legend of Zelda: Breath of the Wild tells a finite tale, but encourages replay through its game systems. In a world where every game is almost bound by financial imperative to offer endless replay value, publishers and developers might be better served to start thinking less about how their creative whims can wrap around business models, and more about how to craft compelling tales within those constraints. The Legend of Zelda: The fear is that more AAA games feel liberated to abandon context entirely, as some predict of the upcoming, campaign-free, Call of Duty: That way, all games become the equivalent of a hot bath, gym session, or a few hours in the bar. They exist only in the moment, primarily through their systems, rather than daring to tell stories, pose questions, or challenge our assumptions about ourselves or the world. You know, like the endings of BioShock, Portal, Mass Effect 2, Metal Gear, and all those other games that hold a special place in our collective affection. Finite experiences that have something very definite to say, that still burn bright in our memory. Games offering unlimited gameplay can sell far better at a 7 or 8 review score range than linear titles at those same rankings. The games industry provides, for the most part, new content which is a trailing reflection of consumer purchasing behavior. But that only holds true if we actually pay for, say, What Remains of Edith Finch rather than nodding in acknowledgement of its bravery, while hoping to pick it up for free on PS Plus in two years time or watching YouTube playthroughs. For creators and publishers, it takes a larger scale act of economic bravery - a possible career-derailing punt " to invest in an experience of true, finite intent when all financial logic, optimisation and risk models suggest the opposite. Stranding room only for big budget stories Death Stranding is perhaps the most high-budget, art house, game in current development. That sounds a little too much like the most addictive, profoundly unsatisfying, video game that I play every day " my Twitter feed. Or, as rabbi Harold S. You become happy by living a life that means something. Are you concerned that games are, literally, losing the plot? Let us know below - and you can relive some of the best video-game stories right here.

Chapter 2 : Top 2, Reviews and Complaints about PODS

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

The delivery of the first 2 PODS was earlier than expected which was wonderful considering our circumstances. Our experience with the delivery was exceptional. Rory was the BEST!!! He was polite, kind, and courteous. He dropped off one POD then went to pick up another one and returned as he promised with the other one. During difficult times not everyone can be counted on to do what they say they will do. They have no idea where their drivers are or where on route they are. They all tell you different responses when you call too. One told me no later than pm someone would be here. Now they said pm. They only work in call center. They hire a bunch of morons to answer calls that know nothing about what their company actually does. They could care less if your belongings arrive on time or in one piece. We require contact information to ensure our reviewers are real. We use intelligent software that helps us maintain the integrity of reviews. Our moderators read all reviews to verify quality and helpfulness. For more information about reviews on ConsumerAffairs. What they promised is not what they charged, there is all kinds of extra charges. There is absolutely no customer service, there is no one you can speak with that will look into the matter and take responsibility. They did not deliver it to Wilmington DE. Instead they kept it in the South and it took 11 days and many phone calls to get it delivered to where it needed to be. I would not use this company again. Also the customer service was terrible. When it came time to have the pod transported and delivered is where the problems started. I had set a time and date to be transported on a Friday and redelivered to my new address on Wednesday. Wednesday comes and husband takes the day off to receive the pod but no phone call to say when pod will come. I call the company. First rep says oh yes it should be there at 7: It was 7 am already. I said okay great. The lady then tells me oh hold on one moment, I knew something was wrong. She then comes back to tell me my pod had in-fact not been transported yet It is still in another state! Well how come I did not receive a call when my things did not ship? She had no answer, I said where is my stuff and when am I getting it? I know things happen but the lack of communication is awful. Why was I not notified that my things had not left another state? They had from Friday to Wednesday to call me but they did not, I am extremely dissatisfied and I will never use them again or recommend them. I hope my things actually show up.

Chapter 3 : Consumers Want Experiences, Not Things | DigitalNext - Ad Age

At The Moving Experience, we strive to give you 5-Star Service so that you will say, "It is All About ME!" More Details Sq Ft 3 Bedrooms 2 Bathrooms 1 Garage.

AB Moving - your Texas professional movers. Our crews live and work in your area. They know the routes and they know how to move you quickly and safely at the lowest cost. At AB Moving, we keep our rates low and serve all our customers with top notch service. We have been providing quality moving services at affordable prices to commercial, residential and apartment communities in Texas for more than 20 years. We also offer those same great services for long distance moving. AB Moving is staffed with experienced and reliable moving professionals ready to help you make that important move. Please take a moment to explore our website and check out what our customers have to say about our services. Then call the movers who will make your next move the right move We offer same day moves subject to available crews that include all our full-service offerings. We offer premier storage services for your team that safely secures your items in our locked wooden vaults. When you are ready to move your items back from storage, our team will get your items on a truck and out to you quickly and easily. We offer expert packing and unpacking services that will carefully prepare your belongings for an upcoming move. Our team offers the best industry packing products for your dishes, glassware, pictures and more. Trusted Texas Professional Movers Our team of professional movers have been in the moving industry for more than 20 years helping local Texas families and businesses relocate efficiently and affordably. We have offices in Dallas, Houston, Austin and San Antonio so no matter where you need to go, we can get you there. Our Texas movers use only the best equipment when it comes to moving your belongings. We aim to maintain our reputation for professional moving and unparalleled service by meeting the unique needs of each of our customers. We live and work in Texas so we understand the best way to move you in our great state. We prioritize customer service and our seasoned crews will provide you the best value for your dollar. Vaulted, Climate-Controlled Storage Store your belongings for a month or a year or more.

Chapter 4 : Out-of-body experience - Wikipedia

A Moving Experience is a Mansfield, Massachusetts-based, local moving company providing full-service moves in-town or out of state, for any distance. Since , we've proven time and again to offer quality service, caring for your belongings and ensuring that you're satisfied.

Local Piano Movers 1. Why do I need a Piano Movers? Piano moving, like all trades, is a specialty to itself. The average upright piano weighs anywhere between and pounds. Grand pianos start at pounds and can go all the way up to pounds. For most people, their piano is one of their most prized possessions and getting it moved without damage is one of the most important things to them during moving time. This is why household movers do not include the piano in their general household pricing. I will never tell a person that they can not move their piano themselves. Any person who has had an accident with their piano knows that when something goes wrong, it happens fast and when you least expect it. The repercussions of moving a piano by yourself or with an inexperienced person can cost you a small fortune or more stress than most people can take. The first way, which is commonly used by the general public and a number of household movers, is by brute force. Manhandle the piano with 4 to 8 people from one location into a vehicle. If you are lucky someone might consider trying to secure it into the vehicle. Then complete the move by manhandling it into place at the new location. The second way is used by professional piano movers and some household movers. They use 2 or 3 people to move the piano and are equipped with piano skids, moving pads, ramps, slings and the knowledge of how to move a piano safely. They use special techniques to manipulate the piano through the move and only require 4 to 6 people in the most difficult moves. The first way has an extremely high damage rate and can take 2 to 20 times longer than the second way. I personally am a professional piano mover. If I hire a professional piano mover, does it mean that my piano will not be damaged? As in any move, there is always an element of risk. Any mover that tells you he has never damaged anything is either lying or extremely new to the profession there could be an exception out there, but anyone who gambles would never take that bet. The reason you should hire a professional piano mover is the same reason you hire a professional in any other trade or buy insurance: To protect yourself from injury liabilities and reduce the odds of your piano or home being damaged. We will tell you if there is a chance of damage in the move before we touch anything and will give you the option of proceeding. How do I find the best piano movers? Call the local piano stores, technicians, teachers people in the industry and find out who they would use. After a couple of inquiries it will become clear who the piano mover of choice is. Are all companies similarly insured? The true answer to this question will shock a lot of people. Just because the company says they are insured does not mean they are fully insuring your merchandise and move or telling you what their maximum liability is. On top of this, there are three types of insurance to consider when people refer to insurance. Never assume that all of these are being covered unfortunately most people do and sometimes they pay a dear price for it. Is there a legal document to show that the customer is insured? I should also mention that if you do not give an insured value to the mover prior to the move, you default to the local cartage amounts automatically. I should also note that most movers will charge extra for additional insurance. These days, insurance has become an extremely touchy issue, whether it be car, home or business insurance. Most people do not claim insurance with their insurance companies anymore due to rising premium rates. This same fact holds true with businesses, especially movers and piano movers. They have insurance policies to cover worst case scenarios, but like you and most businesses, piano movers are self-insuring their smaller day to day claims. Everyone has heard moving company nightmares at one time or another. Why is worker injury important to me? It is extremely important for you to know the answer to this question. This includes medical bills and lost wages and a possible civil law suit. To find out more information on our company, you can use the link below. Does moving the piano affect the sound of my piano? This is a commonly asked question for which you may hear many different answers. This question is asked because lots of people say that their piano sounds different in its new location. The answer to the question may or may not surprise you. The moving does NOT affect the sound of the piano directly at all. If it is not the moving then what makes it sound different here versus there?

The answer lies with the piano technicians and furniture makers. A piano is made of wood and steel. Wood is directly affected by two things: Steel is directly affected by temperature. When these two elements change, so does your piano. The more these two elements change, the more frequently you need to regulate and tune your piano. I will never forget a story from one of our customers for whom we were moving a pre-tuned piano from a piano store to a concert hall on one of the coldest days in winter. When we delivered his piano it was cold and obviously out of tune due to the temperature outside. When the piano warmed up again, it came back into tune. Another reason why your piano may sound different is due to size of room and its acoustics. Carpet absorbs sound, hardwood reflects sound. Sound reinforces in small spaces, seeming louder, and gets lost in larger spaces, seeming quieter. How much does it cost to move a piano? Piano moving is billed in one of two ways: Hourly rate, with a minimum number of hours usually min. Type of Piano 3. Difficulty level due to stairs, grass pulls, tight turns, etc. Number of people required to move piano due to difficulty level. Time restraints placed on move during the daytime of year season 6. Waiting time that you might incur. How much notice do I need to give the Piano Mover? This depends greatly on when you need to have your piano moved and where you are located. We usually will book on a first come, first serve basis. If it is not, your move could be booked as quickly as tomorrow. If you need a specific day, I would recommend booking well in advance. On average in the Greater Portland Vancouver Area, the average booking time is a couple days to two weeks assuming you have some flexibility as to which day your piano can be moved. What information do I need to have before I call a Piano Mover? It constantly amazes me how many people call to get a quote or book a piano move and do not have any of the important information required to do so. I am constantly getting people calling me asking for our flat rate for moving a piano. My first question is what type of piano do you want moved. They answer a standard size piano. This type of answer tells the piano mover absolutely nothing. All pianos are standard for there type and class. The piano movers have only two choices here. Push you for the right information or quote you the most expensive rate he has to cover the worst case scenario. The next question you will be asked is where it will be moved to and from so we can calculate mileage. Following this you will than be asked whether there are any stairs involved. If you do not want to get surprised by extra stair charges, make sure you know the answer to this question. The way we count stairs is simple, our lead man will stand at the bottom of the stairs and counts how many times he has to lift his foot until he is standing on top of the landing Yes the landing counts as a step. Knowing how we count steps is very important to remove any misunderstandings. We should also note that we count the stairs outside the house as well as inside the house. It is possible to have more than one flight of stairs at one location one or more flights of stairs outside and one or more flights of stairs inside. To get an accurate quote, here is a list of items you should know before you make the phone call. Yes, the top landing step counts too, after all you had to lift your foot to get over it Are they straight, spiraled, curved? Is there any turns getting on, in the middle or getting off the stairs? A tight turn at the top or bottom of the staircase does NOT constitute a straight staircase even if the steps themselves are straight. It is considered a flight with a turn Based on what you tell us, we will tell you how many people we believe it will take to accomplish your move. Missing important details or difficulties or miss-estimating your move based on the information you provided could mean your piano move might not happen the day you have it booked and could incur more charges.

Chapter 5 : Building a Better Shopping Experience - The Future of Retail - Thinking - Nurun

Learn more about The Moving Experience, Opens a popup. Specialties. Licensed and Insured Full Service Professional Moving Company from the Central Coast. We excel.

Nurun Team Share this article In preparation for the half-marathon that she intends to run in Toronto next year, Kerry is looking for a new pair of running shoes for endurance training. She researched various models online and is ready to pick up the footwear she has chosen at the local store that offers the best price. As an experienced runner, Kerry knows precisely what features she wants in a running shoe, and after thorough research, she has landed on the Saucony Powergrid Triumph. However, despite her certainty that she found the perfect shoe for her, she also knows that trying them on is critical to ensure that they suit her running needs. When she arrives at the store, Kerry quickly spots the shoe she is looking for and asks a sales clerk for a pair of size 8. The sales clerk immediately starts explaining how different types of training have different demands on our bodies, information that Kerry already knows. At this point, Kerry starts to regret coming to the store and thinks she should have ordered the shoes online. Her expectations for an in-store purchase experience are high: She is looking for the same ease and timely service in physical stores that she gets from shopping online. Basically, she wants to shop on her own time and on her own terms. Unfortunately, most retailers are still unable to meet the needs of their consumers by creating a shopping experience where online and offline intersect. From Clicks to Bricks and Back Again A handful of retailers have tried and succeeded in achieving a smooth transition from online to in-store shopping by offering customers a seamless, omni-channel experience. Companies such as Apple have managed to blend the ease and convenience of online electronic payment with the reassuring comfort of in-store shopping by eliminating the cash register in their stores and having salespeople handle the sales transaction on smartphones before sending customer receipts via email. Another option available to iPhone owners is the ability to select and buy the items online before heading to their local Apple Store to pick them up. By understanding the changing needs and expectations of shoppers, Apple stores have adopted a differentiated checkout experience that blends the best of in-store with the best of online. The retail giant is already giving its customers the option to buy products online and pick them up in-store or buy online and return in-store. In doing so, Walmart is trying to stay ahead of other stores where self-checkout areas that enable customers to scan and bag their own merchandise have become commonplace. In the same vein, a variety of mid-sized chains such as J. Penney, Urban Outfitters and Anthropologie are either currently planning or have already equipped their stores with mobile devices—iPhone, iPad or iPod Touch—to allow for credit or debit card purchases in-store. While it may seem like such enhancements to the in-store customer experience is the exclusive privilege of big companies, emerging technology solutions such as LightSpeed are making it easier for smaller retailers to offer more unified shopping solutions. Thousands of small to mid-sized stores in the world have adopted the LightSpeed platform to sell everything from clothing to cameras, to musical instruments and, yes, even running shoes. The Montreal-based LightSpeed offers retailers a complete omni-channel solution to seamlessly integrate e-commerce functions and in-store operations at an affordable price. The platform also gives a retailer the opportunity to allow its customers to view merchandise that is not on the sales floor and order it on the spot. By eliminating the time spent hunting through the stock room for merchandise, looking up information on products or ringing up purchases at the cash register, this type of solution gives the retailers the chance to spend more time engaging with customers and selling products. Taking It to the Next Level While the goal is to offer customers a seamless shopping experience across multiple channels, the trick has been finding the best way to combine e-commerce with in-store shopping to create a connected retail experience. Pioneering retailers have already started to answer this need by introducing digital technologies, such as virtual fitting tools and virtual product aisles, in their stores. The store features interactive displays and design studios where customers can configure their own Tesla car on a large touchscreen and then view it on an inch video wall in the back of the store. Emerging technological solutions can help create convergent retail experiences in many different areas. Tesco, the British multinational grocery and general merchandise retailer, has already started

testing new digital technologies that may change the way we shop in the future. Among the different solutions the company has been looking into, there is a virtual mirror that overlays a digital image on top of a normal mirror allowing the customer to see how clothing fits. A third project is the introduction of virtual merchandising that enables retailers to test different ranges of product organization in different stores in order to ensure an easy shopping experience for customers in the real world. As bricks-and-mortar retailers are trying to enhance their in-store experiences, new options are emerging to help close the gap between online and in-store experiences. However, many retailers are still struggling to find the best way of combining e-commerce with in-store shopping to create a consistent retail experience. By making the shopping process as simple as walking into a store, scanning an item, and paying for it with a series of taps on your smartphone—or better yet buying products online, picking them up in-store and checking yourself out—more stores are successfully blending the best of in-store with the best of online shopping. However, the transformation of the retail experience is not just about bringing the convenience and speed of the online shopping experience into the store. The real goal is to find ways to help consumers reduce the scope of their search and simplify their shopping experience, and in the process, make retail stores more intuitive and brands more attractive. What can retailers learn from e-commerce? They can use online user experience research to reap the benefits of prototyping, testing, learning, and refining new shopping experiences. The lessons learned from user experience research have been an essential ingredient in improving online shopping tactics. There is no doubt that the same approach can be used to enhance the in-store shopping experience as well. In-store shopping and e-commerce may have more in common than what some bricks-and-mortar retailers instinctively assume. As consumers have become accustomed to the convenience and empowerment of online shopping, they expect their in-store experiences to be consistent with their e-commerce routines. What retailers used to consider separate business models are beginning to amalgamate into an omni-channel approach where the key ingredient is consistency and continuity across the multiple touch points that consumers encounter on their purchase journeys.

Chapter 6 : Moving and Packing Tips | TWO MEN AND A TRUCK

"The trend will only accelerate as they continue to have more and more of an ability to pay" for such purchases, said Sarah Quinlan, who studies consumer spending patterns as the head of.

Mental induction[edit] Falling asleep physically without losing awareness. He would rest a silver dollar on his head while sitting with a metal bucket in a chair. As he drifted off, the coin would noisily fall into the bucket, restoring some of his alertness. Deliberately teetering between awake and asleep states is known to cause spontaneous trance episodes at the onset of sleep which are ultimately helpful when attempting to induce an OBE. This slipping is reported to feel like leaving the physical body. Some consider progressive relaxation a passive form of sensory deprivation. Deep trance, meditation and visualization. This technique is considered hard to use for people who cannot properly relax. Binaural induction of a "body asleep" 4 Hertz brainwave frequency was observed as effective by the Monroe Institute , [31] and some authors consider binaural beats to be significantly supportive of OBE initiation when used in conjunction with other techniques. Another popular technology uses sinusoidal wave pulses to achieve similar results, and the drumming accompanying Native American religious ceremonies is also believed to have heightened receptivity to "other worlds" through brainwave entrainment mechanisms. This approach aims to induce intense disorientation by removal of space and time references. Flotation tanks or pink noise played through headphones are often employed for this purpose. The subject can for instance be rocked for a long time in a specially designed cradle , or submitted to light forms of torture , to cause the brain to shut itself off from all sensory input. Both conditions tend to cause confusion and this disorientation often permits the subject to experience vivid, ethereal out-of-body experiences. Hyslop wrote that OBEs occur when the activity of the subconscious mind dramatizes certain images to give the impression the subject is in a different physical location. Tyrrell interpreted OBEs as hallucinatory constructs relating to subconscious levels of personality. His theory involved a cognitive personality construct known as psychological absorption and gave instances of the classification of an OBE as examples of autoscopy , depersonalization and mental dissociation. Instead, they reveal something far more remarkable about the everyday workings of your brain and body. Out-of-the-body experiences were known during the Victorian period in spiritualist literature as "travelling clairvoyance". The book was largely criticized by the scientific community as the anecdotal reports lacked evidential substantiation in nearly every case. Gardner Murphy wrote that OBEs are "not very far from the known terrain of general psychology, which we are beginning to understand more and more without recourse to the paranormal". For a series of these experiments he was asked whilst in an OBE state to try to identify coloured targets that were placed in remote locations. Osis reported that in trials there were hits. However, the controls to the experiments have been criticized and according to Susan Blackmore , the final result was not particularly significant as hits would be expected by chance. Blackmore noted that the results provide "no evidence for accurate perception in the OBE". During her OBE she claimed to have floated outside her body and outside of the hospital. Maria would later tell her social worker Kimberly Clark that during the OBE she had observed a tennis shoe on the third floor window ledge to the north side of the building. Clark would go to the north wing of the building and by looking out of the window could see a tennis shoe on one of the ledges. Clark published the account in The story has since been used in many paranormal books as evidence a spirit can leave the body. They placed a tennis shoe on the same ledge and discovered that the shoe was visible from within the building and could have easily been observed by a patient lying in bed. They also discovered the shoe was easily observable from outside the building and suggested that Maria may have overheard a comment about it during her three days in the hospital and incorporated it into her OBE. Crookall approached the subject from a spiritualistic position, and collected his cases predominantly from spiritualist newspapers such as the Psychic News , which appears to have biased his results in various ways. Her purpose was to provide a taxonomy of the different types of OBE, viewed simply as an anomalous perceptual experience or hallucination , while leaving open the question of whether some of the cases might incorporate information derived by extrasensory perception. In , at the 1st International Forum of Consciousness Research in

Barcelona, International Academy of Consciousness research-practitioners Wagner Alegretti and Nanci Trivellato presented preliminary findings of an online survey on the out-of-body experience answered by internet users interested in the subject; therefore, not a sample representative of the general population. The most commonly reported sensations experienced in connection with the OBE were falling, floating, repercussions e. Another reported common sensation related to OBE was temporary or projective catalepsy, a more common feature of sleep paralysis. William Buhlman, an author on the subject, has conducted an informal but informative online survey. The subject was attached to an EEG machine and a five-digit code was placed on a shelf above her bed. She did not claim to see the number on the first three nights but on fourth gave the number correctly. And that was exactly what it did show. OBE-like experiences have been induced by stimulation of the brain. OBE-like experience has also been induced through stimulation of the posterior part of the right superior temporal gyrus in a patient. The term OBE-like is used above because the experiences described in these experiments either lacked some of the clarity or details of normal OBEs, or were described by subjects who had never experienced an OBE before. Such subjects were therefore not qualified to make claims about the authenticity of the experimentally-induced OBE. British psychologist Susan Blackmore and others suggest that an OBE begins when a person loses contact with sensory input from the body while remaining conscious. The perceived world may resemble the world he or she generally inhabits while awake, but this perception does not come from the senses either. This process is witnessed by each of us every night in our dreams, though OBEs are claimed to be far more vivid than even a lucid dream. Irwin [] pointed out that OBEs appear to occur under conditions of either very high or very low arousal. By contrast, a substantial minority of her cases occurred under conditions of maximum arousal, such as a rock-climbing fall, a traffic accident, or childbirth. McCreery [] [] has suggested that this paradox may be explained by reference to the fact that sleep can supervene as a reaction to extreme stress or hyper-arousal. Olaf Blanke studies[edit] Research by Olaf Blanke in Switzerland found that it is possible to reliably elicit experiences somewhat similar to the OBE by stimulating regions of the brain called the right temporal-parietal junction TPJ; a region where the temporal lobe and parietal lobe of the brain come together. Blanke and his collaborators in Switzerland have explored the neural basis of OBEs by showing that they are reliably associated with lesions in the right TPJ region [] and that they can be reliably elicited with electrical stimulation of this region in a patient with epilepsy. Using event-related potentials, Blanke and colleagues showed the selective activation of the TPJ " ms after stimulus onset when healthy volunteers imagined themselves in the position and visual perspective that generally are reported by people experiencing spontaneous OBEs. When subjects performed mental imagery with an embodied location, there was increased activation of a region called the "extrastriate body area" EBA, but when subjects performed mental imagery with a disembodied location, as reported in OBEs, there was increased activation in the region of the TPJ. This leads Arzy et al. During multisensory conflict, participants felt as if a virtual body seen in front of them was their own body and mislocalized themselves toward the virtual body, to a position outside their bodily borders. This indicates that spatial unity and bodily self-consciousness can be studied experimentally and is based on multisensory and cognitive processing of bodily information. The study participant sits in a chair wearing a pair of head-mounted video displays. The image from the left video camera is presented on the left-eye display and the image from the right camera on the right-eye display. The participant sees these as one " stereoscopic " 3D image, so they see their own back displayed from the perspective of someone sitting behind them. The participants confirmed that they had experienced sitting behind their physical body and looking at it from that location. Essentially, Ehrsson created an illusion that fits a definition of an OBE in which "a person who is awake sees his or her body from a location outside the physical body. Parnia wrote "anybody who claimed to have left their body and be near the ceiling during resuscitation attempts would be expected to identify those targets. If, however, such perceptions are psychological, then one would obviously not expect the targets to be identified. Following on from the work of Pim van Lommel in the Netherlands, the study aims to examine near-death experiences in 1, cardiac arrest survivors and so determine whether people without a heartbeat or brain activity can have documentable out-of-body experiences. Only two out of the patients reported any visual experiences, and one of them described events that could be verified. Among those who reported a perception of awareness

and completed further interviews, 46 per cent experienced a broad range of mental recollections in relation to death that were not compatible with the commonly used term of NDEs. These included fearful and persecutory experiences. One case was validated and timed using auditory stimuli during cardiac arrest. Rather, it was a patient giving a supposedly accurate report of events during his resuscitation. She reported developing the ability as a child and associated it with difficulties in falling sleep. Her OBEs continued into adulthood but became less frequent. She was able to see herself rotating in the air above her body, lying flat, and rolling in the horizontal plane. She reported sometimes watching herself move from above but remained aware of her unmoving "real" body. The participant reported no particular emotions linked to the experience. Activations were mainly left-sided and involved the left supplementary motor area and supramarginal and posterior superior temporal gyri, the last two overlapping with the temporal parietal junction that has been associated with out-of-body experiences. There was also left middle and superior orbital frontal gyri activity, regions often associated with action monitoring. The International Academy of Consciousness in southern Portugal features the Projectarium, a spherical structure dedicated exclusively for practice and research on out-of-body experience. Astral projection Astral projection is a paranormal interpretation of out-of-body experiences that assumes the existence of one or more non-physical planes of existence and an associated body beyond the physical. Commonly such planes are called astral, etheric, or spiritual. Astral projection is often experienced as the spirit or astral body leaving the physical body to travel in the spirit world or astral plane.

Chapter 7 : Supporting a Spouse or Partner who has Relocated for Your Career | Experience

With more than 30 years of experience as leaders in the moving industry, we've learned a thing or two about packing efficiently. We offer full-service or partial packing and unpacking services, or for those packing on their own, we also carry a full line of boxes and packing supplies to help you get the job done right.

We are glad you are enjoying Advertising Age. To get uninterrupted access and additional benefits, become a member today. Log in or go back to the homepage. Published on August 18, Good luck cracking that one. Millennials are proving to be cultural trailblazers for older and newer generations. Various psychological studies are showing that all people -- not just millennials -- are happier when their money is spent on living , rather than on having. People pick their kids up from soccer practice and drive past home, out to a restaurant for dinner because they want the quality time with family, she said. Restaurant sales growth outpaces other categories, underpinning the idea of the "experiential consumer. Chipotle is always ahead of the curve; it has created a festival called "Chipotle Cultivate," designed to drive consumer loyalty, engagement and education. That investment is probably working harder than an ad unit could. Experiences are also what people increasingly use to define themselves across social channels. With this backdrop of shifts in how consumers spend their money, it follows that marketing budgets should shift, too. Advertisers are thinking beyond channels like TV or outdoor or online, and starting to focus on how to create moments of enjoyment for their customers. In order to maximize the experience, this form of marketing should be thought of as a way to stay in step with changing consumer behavior. Here are three tips for brands to create meaningful experiences: If done right, small experiences can create truly sticky content. If executed properly, and documented well, your brand experience will drive your consumers and the press to tell your story better, and more authentically. The recent Converse Chuck 2 campaign demonstrated how a shoe that has not changed in years was inspired by the way the product was organically behaving on social media, thanks to its loyal consumers. And overcomplicating it for them. Never a good thing. It merely points to a culture that is starting to spend time and money differently. What would you prefer, a brand new TV or a trip to Cuba? And that requires understanding that they are willing to spend, sometimes more than something is worth, if they value the experience as an overall part of the product.

Chapter 8 : Romanian govt move against prosecutors draws criticism

Model helps robots navigate more like humans do In simulations, robots move through new environments by exploring, observing, and drawing from learned experiences.

Muscle tension Healing from trauma Trauma symptoms typically last from a few days to a few months, gradually fading as you process the unsettling event. Symptoms, Treatment, and Self-Help Whether or not a traumatic event involves death, you as a survivor must cope with the loss, at least temporarily, of your sense of safety. The natural reaction to this loss is grief. The following tips can help you cope with the sense of grief, heal from the trauma, and move on with your life. Trauma recovery tip 1: As well as burning off adrenaline and releasing endorphins, exercise and movement can actually help repair your nervous system. Try to exercise for 30 minutes or more on most days. Exercise that is rhythmic and engages both your arms and legs—such as walking, running, swimming, basketball, or even dancing—works best. Add a mindfulness element. Instead of focusing on your thoughts or distracting yourself while you exercise, really focus on your body and how it feels as you move. 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. Rock climbing, boxing, weight training, or martial arts can make this easier—after all, you need to focus on your body movements during these activities in order to avoid injury. Connecting to others face to face will help you heal, so make an effort to maintain your relationships and avoid spending too much time alone. In fact, for some people, that can just make things worse. Comfort comes from feeling engaged and accepted by others. Turn to a trusted family member, friend, counselor, or clergyman. Reconnect with old friends. Join a support group for trauma survivors. Being with others who are facing the same problems can help reduce your sense of isolation and hearing how others cope can help inspire you in your own recovery. As well as helping others, volunteering can be a great way to challenge the sense of helplessness that often accompanies trauma. Remind yourself of your strengths and reclaim your sense of power by helping others. If connecting to others is difficult Many people who have experienced trauma feel disconnected, withdrawn and find it difficult to connect with other people. If that describes you, there are some things you can do before you next sit down with a friend: 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. Change the pitch and volume until you experience a pleasant vibration in your face. Not only will it help relieve the anxiety associated with trauma, but it will also engender a greater sense of control. If you are feeling disoriented, confused, or upset, a quick way to calm yourself is through mindful breathing. Simply take 60 breaths, focusing your attention on each out breath. Does a specific sight, smell or taste quickly make you feel calm? Or maybe petting an animal or listening to music works to quickly soothe you? Everyone responds to sensory input a little differently, so experiment with different quick stress relief techniques to find what works best for you. To feel in the present and more grounded, sit on a chair. Feel your feet on the ground and your back against the chair. Look around you and pick six objects that have red or blue in them. Notice how your breathing gets deeper and calmer. Allow yourself to feel what you feel when you feel it. Acknowledge your feelings about the trauma as they arise and accept them. Get plenty of sleep. After a traumatic experience, worry or fear may disturb your sleep patterns. But a lack of quality sleep can exacerbate your trauma symptoms and make it harder to maintain your emotional balance. Go to sleep and get up at the same time each day and aim for 7 to 9 hours of sleep each night. Avoid alcohol and drugs. Their use can worsen your trauma symptoms and increase feelings of depression, anxiety, and isolation. Eat a well-balanced diet. Eating small, well-balanced meals throughout the day will help you keep your energy up and minimize mood swings. Try relaxation techniques such as meditation, yoga, or deep breathing exercises. Schedule time for activities that bring you joy such as favorite hobbies. When to seek professional therapy for trauma Recovering from trauma takes time, and everyone heals at their own pace. Having trouble functioning at home or work Suffering from severe fear, anxiety, or depression Unable to form close, satisfying relationships Experiencing terrifying memories, nightmares, or flashbacks Avoiding more and more things that remind you of the trauma Emotionally numb and disconnected from others Using alcohol or drugs to feel better Working

through trauma can be scary, painful, and potentially re-traumatizing, so this healing work is best done with the help of an experienced trauma specialist. Finding the right therapist may take some time. But the quality of the relationship with your therapist is equally important. Choose a trauma specialist you feel comfortable with. Did you feel comfortable discussing your problems with the therapist? Did you feel like the therapist understood what you were talking about? Were your concerns taken seriously or were they minimized or dismissed? Were you treated with compassion and respect? Do you believe that you could grow to trust the therapist? A trauma specialist may use a variety of different therapy approaches in your treatment. Somatic experiencing focuses on bodily sensations, rather than thoughts and memories about the traumatic event. Cognitive-behavioral therapy helps you process and evaluate your thoughts and feelings about a trauma. EMDR Eye Movement Desensitization and Reprocessing incorporates elements of cognitive-behavioral therapy with eye movements or other forms of rhythmic, left-right stimulation that can "unfreeze" traumatic memories.

Helping a loved one deal with trauma When a loved one has suffered trauma, your support can be a crucial factor in their recovery. Be patient and understanding. Healing from trauma takes time. That may mean help with collecting groceries or housework, for example, or simply being available to talk or listen. Some trauma survivors find it difficult to talk about what happened. Help your loved one to socialize and relax. Encourage them to participate in physical exercise, seek out friends, and pursue hobbies and other activities that bring them pleasure. Take a fitness class together or set a regular lunch date with friends. Your loved one may become angry, irritable, withdrawn, or emotionally distant. Remember that this is a result of the trauma and may not have anything to do with you or your relationship. Your child may also look to you for cues on how they should respond to trauma so let them see you dealing with symptoms in a positive way.

How children react to emotional and psychological trauma Some common reactions to trauma and ways to help your child deal with them: Many children need to return to an earlier stage when they felt safer. Younger children may wet the bed or want a bottle; older children may fear being alone. Thinking the event is their fault. Children younger than 8 tend to think that if something goes wrong, it must be their fault. Be sure your child understands that he or she did not cause the event. Some children have difficulty falling to sleep; others wake frequently or have troubling dreams. Give your child a stuffed animal, soft blanket, or flashlight to take to bed. Try spending extra time together in the evening, doing quiet activities or reading. It may take a while before your child can sleep through the night again. Being active in a campaign to prevent an event from happening again, writing thank you letters to people who have helped, and caring for others can bring a sense of hope and control to everyone in the family.

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Compare that to staying in school where you will meet the same people all the time, and you can see why traveling is a more valuable learning experience than school. Advertising

At some point in your career, you may be faced with a choice of whether or not to relocate to a new city, state or even across the country for your work. In the corporate world, where takeovers and reorganizations are a fact of life, this is often a reality. Even if you never find yourself forced to move for your current job, you may choose relocation as a way to follow a new career path or move up in your company. It may mean leaving a hometown full of family and friends, or a city that you love. On top of adjusting to a new job and a different set of workplace characters, you have to create a new home for yourself and get to know a new town. For him or her, the stresses, sadness and frustration may be even greater than your own. You, after all, are moving to accept a new opportunity. For your partner, the future may seem very uncertain. The period following your relocation may put a lot of stress on your relationship. As you adjust to the demands of your new job, your partner may feel alone and left behind in a new city. It is easy to become resentful during this chaotic and confusing time. If you allow it, built-up resentment and lack of communication can make an already stressful time even harder. By being aware of the many emotions your partner may be experiencing and expressing your support, you can help your relationship to not only survive but thrive during this transition. After all, in order for one person to accept a new opportunity far away, the other person may have to give up her job to come along for the ride. If your partner is unhappy in her current job, then this can be a blessing in disguise. The move provides an opportunity to take some time off and maybe start fresh with a new career. But if your partner enjoys her current work life, relocating will be an even larger sacrifice. Relocating to an area with very limited opportunities in her areas of interest may be shutting the door to her dreams, and ultimately not worth the sacrifice. Finances Of course, finances are one of the major considerations for any relocation. In figuring out whether your new salary will be enough to support your entire family for a while, look at more than just annual income. Factor in any relocation costs not covered by your new employer. If so, then expect that the transition may be especially difficult for her. Be prepared for homesickness, loneliness, and perhaps increased demands on your time as she adjusts. On the other hand, if your partner has moved frequently throughout her life and is used to starting over in new cities with or without family and old friends close by, then relocating with you may be just another adventure. She may even be able to help you with the transition. No one wants to pack up and move across the country for a job, only to end up living in a run-down apartment for months on end. Of course, you may need to make temporary arrangements. But make finding your home in your new town, whether it be a rental property you both love or a home on a suburban street, a top priority. Social Life and Opportunities For you, meeting new people and getting involved in the world around you will come somewhat naturally as part of your new job. But for your partner, it will be critical that your new community offers opportunities to participate in activities that interest her and help her make new friends. Children and Schools What are the school systems like in your new area? What are the private and public school opportunities, and what kind of social activities are available for young ones? Are there many families with young children in your new neighborhood? Chances are, if you are relocating for your job, your partner will be the one who is most involved in getting your children enrolled in a new school and helping them adapt to their new neighborhood. The stresses your children face will impact your entire family. For the foreseeable future, your work days will be filled with new people and challenges. Meanwhile, your partner will be doing his best to build a place for himself in your new home and community. Can you be patient and understanding if he goes through periods of being unsatisfied, frustrated, homesick or even resentful? Will you do your part to keep the lines of communication open and work together to get through rough patches? Instead of moving forward, she may spend her time missing her old work, friends, activities, home and community. When this happens, of course you want to offer understanding and affection. At the same time, providing her with ideas for getting involved in new activities can help her find her place and feel at home. Below are some things you can suggest. Now may be the best time for her to go back to school or train for a new profession. Suggest that

she visit a career counselor or explore continuing education programs at local colleges and universities. Maybe she can find ways to make extra money online. Perhaps she can even work something out with her old employer where she can consult or do freelance jobs for them on a remote basis. The web is also a great way to explore what your new community has to offer from the safety of home. That way, when the weekend rolls around and you have some free time, he can play tour guide and help you acclimate to your new city. Encourage him to take risks in interior decoration and design, and have fun with the experience. Let him make your new residence a place where he feels at home. Encourage him to start that garden, take those cooking lessons, begin writing that book, join the gym or tinker around with jewelry-making. Suggest a part-time job as a way to earn a bit of extra money, get out of the house, meet people and maybe even have some fun. Looking forward to seeing her family or friends helps anyone battle homesickness and loneliness. In addition to making suggestions about how to get focused, connected and involved in a new town, there are things a partner can do to make the transition easier for the one whose career has been relocated. Reassure your partner that this is simply not the case. Remember that in spite of the demands of your new job, it is more important than ever that you are actively involved in your home life. Take an active interest in your new home and community yourself. Use your new setting as a way to rekindle romance. Enjoy the experience of discovering new parks, restaurants, nightlife and scenery. Use having new experiences together as a way to reconnect with and rediscover each other. Involve your partner in your job by sharing the interesting details of your work days. In the absence of his old local happy hour or Saturday ball game buddies, go out for wings and a beer with him, check out the new local sports team, or scream at the TV together over a football game. Get to know your neighbors. A dog or cat can be a wonderful companion, provide structure and responsibility, and make a house feel like a home. Include your partner in your new work social circle. Invite your partner to meet you for happy hour with the new crew from work. With sensitivity, understanding and supportiveness, you can make your career move the best thing not only for you, but your loved one. Over time, you can work through the rough patches and build the home of your dreams together.