



OBSESSION'S UNKINDNESS

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Obsession S Unkindness

Jake Jabbour



Obsession S Unkindness:

Training to be Myself: An Indulgent Odyssey of Obsessions, Confessions, and Curiosities Jake Jabbour, 2021-07-06 At thirty three comedian and educator Jake Jabbour found himself living alone after a breakup with his girlfriend and burying his grandpa His most impactful relationships ended stripping from him his identities as a roommate boyfriend and grandson Hoping to discover who he was when he wasn't himself Jake boarded an Amtrak train with his comedy partner to perform live improv across the country from Los Angeles to New York examining the trials tragedies and triumphs of his past that landed him alone in the most crowded cities in the country In the lineage of Chuck Klosterman's *Killing Yourself to Live* and John Steinbeck's *Travels with Charley* Jake chronicles his cross country travels with an eye trained towards relationships and culture searching for clues and connections with others that might shine a light on his own identity Along the way Jake lays bare his thoughts on grief nostalgia family failure comedy education relationships culture and self acceptance

Culture, Intricacies, and Obsessions in Academia John "Jack" Hampton, 2017-03-01 Unfortunate obsessions dominate the culture of colleges and universities and shortchange students and everyone else Professors have become an obstacle to learning They are not interested in or rewarded for teaching They scramble to survive in a surreal world of nonsense scholarship and obscure publication They conduct meaningless research and treat teaching with disdain Learning takes place because students make it happen in spite of the foolishness that surrounds them Professors don't explain listen or give feedback Many don't speak understandable English This book throws open the door of the faculty lounge and tells the dramatic and even embarrassing story It recommends major changes in the professoriate to restore confidence in higher education

Obsessions with the Sino-Japanese Polarity in Japanese Literature Atsuko Sakaki, 2005-11-30 Using close readings of a range of premodern and modern texts Atsuko Sakaki focuses on the ways in which Japanese writers and readers revised or in many cases devised rhetoric to convey Chineseness and how this practice contributed to shaping a national Japanese identity The volume begins by examining how Japanese travelers in China and Chinese travelers in Japan are portrayed in early literary works An increasing awareness of the diversity of Chinese culture forms a premise for the next chapter which looks at Japan's objectification of the Chinese and their works of art from the eighteenth century onward Chapter 3 examines gender as a factor in the formation and transformation of the Sino Japanese dyad Sakaki then continues with an investigation of early modern and modern Japanese representations of intellectuals who were marginalized for their insistence on the value of the classical Chinese canon and literary Chinese The work concludes with an overview of writing in Chinese by early Meiji writers and the presence of Chinese in the work of modern writer Nakamura Shin-ichiro A final summary of the book's major themes makes use of several stories by Tanizaki Jun-ichiro

Getting Over OCD, Second Edition Jonathan S. Abramowitz, 2018-02-15 Tens of thousands of readers are living freer happier lives thanks to the clinically proven strategies in this book Now thoroughly updated based on the latest science the workbook helps OCD sufferers use the powerful

techniques of cognitive behavioral therapy CBT the most effective treatment for the disorder to achieve lasting recovery Examples and stories of people with a wide range of obsessional thoughts and compulsive behaviors illustrate the 10 steps of the program and assure readers they are not alone Numerous worksheets and other practical tools can be downloaded and printed for repeated use The second edition is revised throughout with cutting edge strategies for coping with unwanted thoughts that can't be eliminated completely plus new learning techniques drawn from brain research

Obsessive-Compulsive Personality Disorder Martin Kantor MD, 2016-08-15 This unprecedented work is an invaluable resource for therapists treating patients with obsessive compulsive personality disorder OCPD for individuals suffering from OCPD and for friends family and coworkers of those with OCPD Although a significant number of individuals suffer from obsessive compulsive personality disorder OCPD most of these people see themselves as being perfectly normal In actuality they are missing out in life due to their being compulsively prompt counterproductively perfectionistic and excessively penurious This book explains what OCPD is making it clear how it differs significantly from OCD explains the thought processes and desires that give rise to the counterproductive defense mechanisms of OCPD and identifies the approaches and methods that can allow such afflicted individuals to break through their character armoring and become rehumanized In this book Martin Kantor MD presents information to defuse the many manifested symptoms of OCPD anxiety indecision unreasonable perfectionism and difficulty in compromising His explanations and methods will give the hopeless succor move the stalled forward and foster interpersonal cooperation and flexibility in the stubborn while simultaneously enhancing the OCPD individual's social performance thus increasing his or her chances for interpersonal relational and occupational success Kantor also identifies the social manifestations of OCPD and describes how to move idiosyncratic rigid bureaucracies toward accomplishing what should be their most important mission helping those who are in need and seeking comfort

Overcoming Obsessive Thoughts Christine Purdon, David A. Clark, 2005 Obsessive compulsive disorder is now rated the fourth most common psychological disorder in the United States This resource addresses obsessive thoughts as a specific symptom of the disorder and in addition to self care strategies offers information about professional care

Psychopathology Kenneth Carter, 2022-12-22 Accessible and comprehensive this textbook portrays the real people behind the DSM 5 criteria the theories and the research

The Drama Dictionary Terry Hodgson, 1998-04-21 This comprehensive reference work is designed to be a single source to which readers may turn for guidance on dramatic theory and practice It therefore concentrates on critical and technical concepts and terms rather than on theatre history or biography The book contains some 1300 entries varying in length from a few words to several hundred The terms included relate to the forms of drama e.g. epic mime farce comedy of manners tragic comedy etc to different kinds of stage thrust picture frame arena etc to technical stage terms tabs proscenium arch sightlines etc to acting terms including colloquialisms fluff corpse as well as duologue soliloquy cross below upstage etc They also include the critical terms of important theoreticians e.g. superobjective

magic if throughline alienation montage and the obvious foreign terms hamartia peripeteia etc Dramatic movements and styles are described naturalism expressionism neo classical Jacobean etc together with terms relating to costume e g buskins character types of say the Commedia dell Arte and dramatic structure climax curtain pace and tempo episode chorus etc The entries are fully cross referenced and are supported by ample suggestions for further reading and a selection of line drawings illustrating key points in the text *Reading Barbara Pym* Deborah Donato, 2005 Reading Barbara Pym stakes out new territory in Pym criticism by questioning the assumptions and predispositions by which her novels have been received and judged Early in Pym's career reviews of her novels likened her books in relaxed fashion to delicious tastes and smells Later when mention of her twice in a TLS survey as one of the century's ten most underrated novelists secured and altered her critical reception and since her death in 1980 commentary in oppositely vigilant fashion discovered in Pym's novels academic themes and gender political issues ripe for exploration But the traditional concerns of academic and popular criticism have sidestepped the more challenging task of locating the power and quality of Pym's narrative the reasons her novels are important to read personally as well as study academically *The Invisible Woman* W. Charisse Goodman, 1995

Flannery O'Connor Ted R. Spivey, 1997 This volume draws on the author's six year correspondence with Flannery O'Connor in this evaluation of the Southern writer as an intellectual and as a student of the Western tradition in literature and religion He emphasizes her deep connection with writers such as Joyce and Bernanos in the context of the Modernist tradition and discusses how her study of these religious writers influenced her visions of world apocalypse and religious community The author studies the revealed tensions and interrelationships of O'Connor's secular intellect versus her religious intellect *The St. Croix Review*, 1982 **Light**, 1899 **Fun and Games for a Smarter Dog** Sophie Collins, 2018-03-26 Mental exercise provides just as many benefits for dogs as physical exercise does But once you have basic training sit down come stay under your belt what can you do to build your dog's brainpower Take your pup's repertoire of skills to the next level with an array of games that challenge his body and mind alike Training your dog in the course of play also allows you and your dog to have fun together while continuing to strengthen that ever important human canine bond Inside Fun Games for a Smarter Dog A dog's perception of play and the science behind the success of play based training Using treats and good timing to encourage desired behaviors Step by step instructions for fifty brain games that teach new behaviors and increase a dog's intelligence including adaptations for different skill levels Increasing your dog's physical abilities and mental acuity as he learns Socialization and how it affects your dog's attitude toward interacting with other dogs Introducing your dog to new canine playmates *365 Ways to Reduce Stress* Eve Adamson, 2009-07-18 The only tip based book to offer strategies for managing stress every day of the year 48 percent of Americans say they're more stressed now than they were five years ago New York Post The current economical climate is stressful Being fired or laid off can lead to clinical depression violence and alcohol abuse as well as strokes and heart attacks Newsweek There's always more to do and

not enough time to do it in Today more than ever people need relief from the pressures of everyday life Stress can lead to damaging physical and mental health issues so it s important to take control and manage stress effectively From cutting caffeine intake to doodling in a journal readers find the daily comfort they long for in 365 Ways to Reduce Stress This hands on tip based guide offers simple advice for how to remain calm and centered no matter what the day brings including how to Calculate your stress vulnerability factor Identify and eliminate environmental stressors Nourish your emotional physical and spiritual selves Avoid stress triggers and relax pro actively This inspiring tool for the overworked over scheduled and overstressed will allow readers to breath a little easier and live a lot happier each and every day **Texas State Journal of Medicine** ,1916 Cognitive-Behavioral Therapy for OCD and Its Subtypes David A. Clark,2019-10-28 The book begins with a summary of the psychopathology of OCD as well as a critical explication of the phenomenology of obsessions and compulsions The first part of the book provides a working knowledge of the psychopathology of the disorder as well as the theoretical and empirical basis of the cognitive and behavioral approach to OCD The second part of the book updates the reader on current OCD theory and research including ERP The third part of the book offers detailed practical step by step instruction on how to conduct CBT for OCD The final section consists of four new chapters of OCD symptom subtypes **A Reading of Propertius' Elegies** Lee Fratantuono,2024-12-24 Among the surviving poets of the Age of Augustus the elegist Propertius is an enigma Now brooding now buoyant Propertius couplets offer mesmerizing commentary on the history of Rome and the renaissance of the republic in the wake of the Augustan victory at Actium The elusive figure who dominates the poems is Cynthia a literate musically inclined chestnut haired Muse who calls to mind aspects of both the huntress goddess Diana and the battle goddess Minerva Through the course of his Cynthia cycle Propertius composes a breathtaking array of verse meditations on love and death the nature of passion and obsession and the quest to remain forever young In A Reading of Propertius Elegies Lee Fratantuono reveals Propertius work to be nothing less than an elegiac Aeneid a spellbinding intertextual edifice whose rooms both charm and terrify Dazzling and decadent gorgeous and ghostly sophisticated and seductive Propertius Cynthia ultimately presents us with the image of wolfish Roma herself a city that is not only an anagram of Amor but also the mistress of the world In a Roman empire that has beheld the drama of Cleopatra and Antony the rites of Isis and the madness inspired by Bacchus and the Great Mother Propertius dispenses elegiac medicine as the horror of civil war and the aftermath of intoxicated excess give way to an Augustan remedy *Madness in Literature* Lillian Feder,2020-10-06 To probe the literary representation of the alienated mind Lillian Feder examines mad protagonists of literature and the work of writers for whom madness is a vehicle of self revelation Ranging from ancient Greek myth and tragedy to contemporary poetry fiction and drama Professor Feder shows how literary interpretations of madness as well as madness itself reflect the very cultural assumptions values and prohibitions they challenge The Journal of Mental Science ,1902 Vol 77 includes Yearbook of the Association 1931

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