

## Simple Solutions

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### Simple Solutions

Simple solutions are often best, even when dealing with something as complicated as Parkinson's. In this inspiring talk, Mileha Soneji shares accessible designs that make the everyday tasks of those living with Parkinson's a bit easier. "Technology is not always it," she says. "What we need are human-centered solutions."

### big problems, simple solutions | Search Results | TED

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Presents hundreds of practical ideas, solutions, and tricks for help in everyday living, covering such topics as cooking, decorating, cleaning, entertaining, fashion, and grooming.

We all get scared sometimes. Our hearts race, our breath gets shallow, and our hands and feet turn icy cold--these physical expressions of fear are our normal responses to things that threaten us. But moments of panic can cause you to experience these feelings with no apparent cause, robbing you of confidence and composure unexpectedly throughout your day. You deserve to be free from these troublesome moments, and the ten easy and effective techniques you'll find in 10 Simple Solutions to Panic make it not only possible but also easy. Learn how to monitor your episodes of panic, and find out how to replace your anxious, racing inner monologue with calm, realistic thinking. Discover safe and comfortable ways to face fearful situations. Breathing exercises, stress reduction techniques round out this approach to overcoming panic that promises to restore your security and peace of mind.

Easy Ways to Appreciate Yourself Learn to appreciate yourself with these ten simple solutions for building self-esteem. These easy-to-grasp tips for fostering a positive sense of self distill and add to many of

the best, most effective techniques from the author Glenn Schiraldi's successful Self-Esteem Workbook. They draw on techniques from Eastern and Western traditions; mindfulness practice, thought-watching, strengths appreciation, and more. With the simple solutions in this book and a little practice, you can discover what a wonderful and valuable person you really are.

We all worry about things from time to time, but some of us just can't seem to stop expecting the worst—even when our expectations are very unlikely to occur. This condition, chronic worry, is disruptive all by itself, and it can lead to other, more serious anxiety problems. This little book—the fifth in New Harbinger's Ten Simple Solution series—offers a handful of easy and effective techniques for getting rid of worry once and for all. Drawing on powerful psychotherapeutic techniques, *10 Simple Solutions to Worry* is a succinct resource of cognitive-behavioral techniques for controlling worry and reducing stress. Exercises include self-assessments, motivation builders, relaxation training, and cognitive restructuring. After identifying and changing the negative thoughts that result in worry, you'll learn to replace worry behaviors with other, more positive and constructive activities.

Two anxiety experts team up to provide readers with these ten simple, engaging, proven-effective cognitive behavioral strategies to combat excessive worry, an energy-sapping condition that often leads to more serious anxiety-related problems.

Managing attention-deficit disorder (ADD) as an adult is a constant challenge. You may notice that your mind sometimes wanders during conversations. Maybe you keep misplacing your keys. Or your ADD may be causing bigger problems in your life, making it difficult to keep in touch with friends and family and leading you to procrastinate on important projects. *10 Simple Solutions to Adult ADD* offers ten easy ways to better manage your symptoms and live better with ADD. Written by noted author and acclaimed psychotherapist Stephanie Sarkis, who has used these solutions to personally overcome her ADD symptoms, this concise and clear new edition offers the latest treatment information to help you sharpen your focus, improve your relationships, and manage your time and money.

This book is filled with over 2,000 easy ways to solve common problems using items you probably already have on hand.

A neurologist specializing in headache treatment outlines ten simple techniques to help relieve and prevent migraines, including drug therapy, lifestyle enhancements, and complementary therapies, including supplements, diet, and exercise.

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