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Aleksander Berentsen and Fabian Schär 1

INTRODUCTION Bitcoin originated with the white paper that was published in 2008 under the pseudonym "Satoshi Nakamoto." It was published via a mailing list for cryptography and has a similar appearance to an academic paper.

Self-harm and suicidal behaviors are increasingly common in young people, but are often hidden. A Short Introduction to Helping Children and Young People Who Self-Harm aims to show parents, caregivers and professionals how they can support young people through these difficult times, as well as how to find specialist professional help. The author uses an easy-to-read, jargon free and positive approach to tackle the stigma attached to self-harm and suicidal behavior. This book combines case studies with professional advice to help the reader take the first steps towards helping the young person in need. It advises on how to distinguish between

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normal adolescent behavior and the signs of mental health problems, while showing how an adult can sensitively communicate with a teenager about the difficult subject. The book also emphasizes the importance of parents and caregivers seeking support for themselves. This book will be an invaluable resource for parents, teachers, youth workers, and others who care for a young person showing signs of self-harm or suicidal behavior.

Self-harm and suicidal behaviours are increasingly common in young people, but are often hidden. It can be hard to know what might be causing a young person to self-harm, and how to help and support them. Practical and easy to read, *A Short Introduction to Understanding and Supporting Children and Young People Who Self-Harm* guides the reader through what self-harm is, how to recognise it, and how best to respond. It combines case studies with professional and practical advice, covering all aspects from warning signs and treatment to communication and how the family is affected. The book also emphasizes the importance of parents and carers seeking support for themselves. This book is an invaluable source of information and guidance for parents, teachers, youth workers, and others who care for a young person showing signs of self-harm or suicidal behaviour.

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In his clear and accessible style, Colby Pearce defines the value and significance of resilience as an essential aspect of psychological survival. He traces the origins of resilience in the early relationships which shape our emotional and social development and describes processes and responses that enhance resilience for children who have had a less than adequate start in life. This is a valuable book for anyone involved in children's emotional well-being, from parents and community to schools and policy makers.'-Heather Geddes, Educational

Psychotherapist and author of Attachment in the Classroom This is a short, accessible guide to promoting resilience in children. Resilience helps children to cope with adversity and 'stand on their own two feet', which can be crucial to their development, well-being, and future independence and success in adulthood. The author covers three key factors that affect resiliency: vulnerability to stress and anxiety, attachment relationships and access to basic needs. For each, the author gives practical advice and strategies, such as how to regulate children's stress and anxiety, how to encourage and maintain secure attachments, and how to assure children that their needs are understood and will be met. The model presented will help parents and carers ensure their children grow up happy, healthy and resilient. This book will be invaluable for parents, carers and practitioners in supportive roles caring for children. JKP Short Introductions JKP Short Introductions are the perfect starting point for any parent or professional who is caring for children or young people. Covering a range

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of key issues relating to mental health and well-being, these clear and easy-to-read books are packed with practical advice, tips and real-life examples. They are ideal for anyone working to help children to overcome problems and to develop healthy, happy and confident lives.

Since dyslexia was first described in the British Medical Journal in 1896, there has been debate about the definitions and diagnostic procedures used, with some casting doubt on its very existence. However, there is now a considerable body of research regarding the nature and characteristics of this relatively common learning disorder. The contemporary view of dyslexia has emerged from a century of research in medicine, psychology, and more recently neuroscience, and we now understand enough about this learning disorder to guide policy and practice. This Very Short Introduction provides an accessible overview of this exciting field of research, beginning with its history, and drawing on testimony from people living with dyslexia. Considering the potential causes of dyslexia, and looking at both genetic and environment factors, Margaret Snowling shows how cross-linguistic studies have documented the prevalence of dyslexia in different languages. Discussing the various brain scanning techniques that have been used to find out if the brains of people with dyslexia differ in structure or function from those of typical readers, Snowling moves on to weigh up various strategies and interventions which can help people living with dyslexia today. ABOUT THE SERIES:

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International relations affects everyone's lives: their security, economic well-being, rights and freedoms, and the environment they share. Recently we have seen the transformation from a world of empires to today's world of sovereign states, which are enmeshed in a complex array of international institutions, all exercising degrees of political authority. The new global organization of political authority has far-reaching consequences. This Very Short Introduction untangles this complex world, providing an accessible framework for understanding the contours of global political change. Christian Reus-Smit treats theory as an indispensable tool for grasping international relations, but demystifies theorizing, introducing it as an everyday human practice. He surveys a range of theories, from realism to feminism: reading them as contrasting perspectives on the global organization of political authority. Historically, such organization has been shaped by diverse social forces, four of which are discussed in detail: shifting patterns of warfare, changing economic conditions, struggles for rights, and the politics of culture. Reus-Smit concludes with a reflection on the future of international relations in an era of profound global change. ABOUT THE SERIES: The Very Short Introductions series from Oxford

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In this concise introduction to the deity, John Bowker explores how each major religion, and countless philosophers and theologians, have answered the fundamental question: Who or what is God? He also explores why some people believe in God and others do not, and concludes by looking at how our understanding of God continues to evolve in the present day. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

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