

What Is Not Yours Is Not Yours

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a collection of original short plays that focus on sexual harassment and assault in Egypt by debut Egyptian playwrights these five original short plays written by Egyptian students from the American University in Cairo in collaboration with Jillian Campana and Dina Amin mark the first published plays in Egypt that deal directly with sexual harassment sexual crimes are not limited to the workplace or the street they happen everywhere from the bedroom to the café in shops on modes of transportation and in businesses homes outdoor areas and educational and religious institutions they can be perpetrated by a stranger acquaintance friend family member or loved one and they can encompass many different types of sexual violence including verbal non verbal physical or visual violence this collection breaks social taboos by offering dramatic texts that reflect the reality of survivors of sexual harassment

from multiple perspectives families and couples bystanders victims and perpetrators men and women many of the women portrayed in these plays are independent educated and well to do but they are all subjected to varying degrees of sexual harassment and violence accompanied with narrative commentary that places the events in context these plays and the issues they explore seek to challenge dominant perceptions about sexual harassment in the region and to shine light on the power imbalances and disparities that give rise to it they will be of interest to artists social science researchers educators and anyone interested in the issue of sexual harassment and collaborative theater processes playwrights yehia abdelghan marwan abdelmoneim nour el captan passant faheem nour ibrahim noran morsi and omar omar the research on which this book is based was awarded the times higher education 2023 mena award for research project of the year arts humanities and social sciences performances of these plays are royalty free

your all in one guide to getting your career and finances in order for greater clarity happiness and peace of mind studies show that if you're like the majority of young professionals you feel dissatisfied with your job your finances or your overall station in life it can seem impossible to disentangle the work stuff the money stuff and the personal stuff because they're all inextricably linked but the good news is you don't have to go at it alone work your money not your life is your all in one guide to achieving both your career and financial goals so that you can get where you want to be in his debut book roger ma an award winning financial planner and a publisher strategist at google offers secrets on how you can craft a meaningful career gain financial comfort and achieve a greater sense of purpose and the premise behind it all is this money affects every part of our lives simply by sorting out your personal finances and it isn't as bad as it sounds you can build a foundation from which you'll be able to find the right career path visualize your desired lifestyle and turn your dreams into a reality you'll learn how to relieve yourself of the work money and personal stressors that keep you up at night dispel the job myths that are preventing you from a more rewarding career apply the fundamentals of personal finance to your unique situation without all the confusing jargon prioritize and balance your career and money needs through exercises and easy to use templates launching yourself on the path to the life satisfaction you desire when the life you're living and the life you want to live don't match up everything feels off balance where do you begin trying to connect the dots start with this book through accessible practical advice you'll learn the career and financial strategies you need to live the life you deserve

a bold and provocative work from the late preeminent feminist scholar which challenges men and women alike to free themselves from attachment to gender at the heart of buddhism is the notion of egolessness forgetting the self as the path to awakening in fact attachment to views of any kind only leads to more suffering for ourselves and others and what has a greater hold on people's imaginations or limits them more asks rita gross than ideas about biological sex and what she calls the prison of gender roles yet if clinging to

gender identity does indeed create obstacles for us why does the prison of gender roles remain so inescapable gross uses the lenses of buddhist philosophy to deconstruct the powerful concept of gender and its impact on our lives in revealing the inadequacies involved in clinging to gender identity she illuminates the suffering that results from clinging to any kind of identity at all

shake up your log cabin with a 60 ruler best selling authors marci baker and sara nephew are back with a new slant on the classic log cabin this updated second edition includes 6 amazing new patterns for a total of 40 projects use the 10 clearview triangle ruler also sold by c t publishing for fast and easy cutting a robust design your own section with setting shapes alternate blocks and border options will help you uncover infinite possibilities this fully illustrated guide includes easy to use troubleshooting tips and detailed material lists for all the quilts 40 projects from best selling authors marci baker and sara nephew for fast and easy cutting use 10 clearview triangle ruler also sold by c t publishing you can design it section with tips to inspire your own creations

terrible events are very hard to deal with and those who go through a trauma often feel permanently changed by it grief numbness anger anxiety and shame are all very common emotional reactions to traumatic incidents such as an accident or death of a loved one and ongoing traumatic events such as domestic abuse how we deal with the aftermath of trauma and our own emotional response can determine how quickly we are able to move on and get back to normality once more an integral part of the recovery process is not only recognising and accepting how our lives may have been changed but also learning to deal with feelings of shame an extremely common reaction to trauma recovering from trauma uses the groundbreaking compassion focused therapy to help the reader to not only develop a fuller understanding of how we react to trauma but also to deal with any feelings of shame and start to overcome any trauma related difficulties

a marriage of convenience

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