

THE STATE OF MENTAL ILLNESS AND ITS THERAPY

ADJUSTMENT DISORDERS



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SHERRY BONNICE

Adjustment Disorders

We all have to deal with stress sometimes. Learning to balance our many responsibilities, adjust to new situations, and handle multiple stresses is part of life. But does this mean that you should feel stressed all the time? What if you always feel overwhelmed? What if you simply can't adjust to a new challenge or situation? When the normal challenges of life cause such extreme emotional turmoil that a person cannot adapt and react appropriately, he may be suffering from an adjustment disorder. Those who suffer from adjustment disorders find it particularly difficult to adapt and function in their daily environments. Perhaps they are dealing with a loss or change in life, such as divorce, moving, a new baby, or an end to a relationship. Perhaps they overreact to minor stresses or have anxiety, depression, or conduct disorders that interrupt their normal life functions. When their inability to cope becomes a mental illness, people need help from medical professionals to gain control of their lives again. In *Adjustment Disorders*, you will learn about the antidepressants and anti-anxiety drugs available to treat adjustment disorders. Along the way, you will read about the history of psychiatric drugs, how they work, and current treatment methods. You will also read valuable information about what to expect when taking psychiatric drugs, as well as some of the most prevalent alternatives to drug treatment. Sharing the experiences of young people as they cope with divorce, disappointment, moving, depression, and anxiety may help you understand how such changes can affect your life as well...and where to turn if your reactions to these changes get out of control.

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Author: Sherry Bonnie

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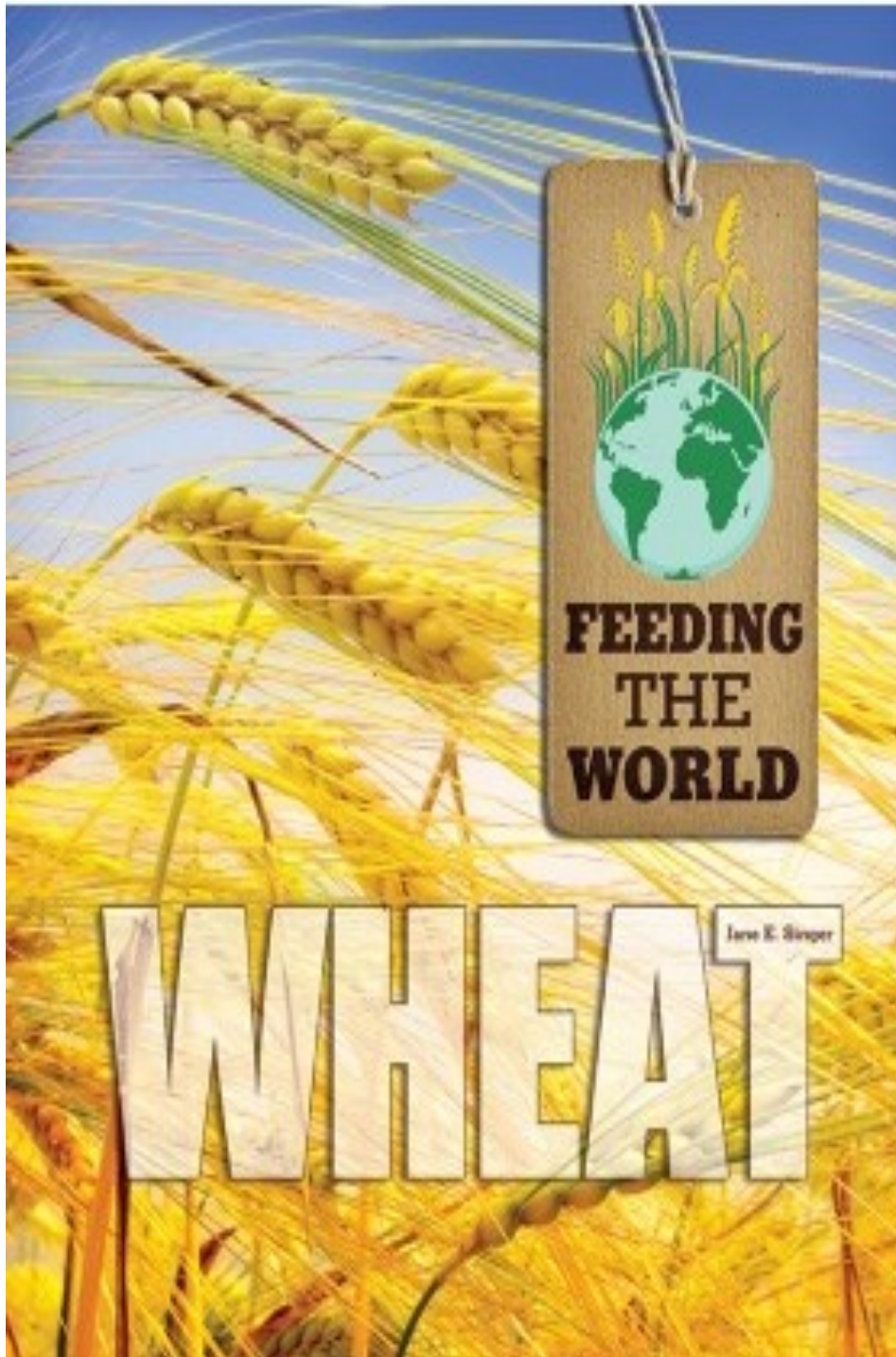
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Series/Set: The State of Mental Illness and Its Therapy

Dewey Number(s): 616.85'200835

Grade Range: 6-8



Wheat

Wheat is a plant that most of us eat every day. The flour used to bake bread, cookies, and cakes is made out of wheat. Pasta and pizza crust are made from wheat flour too. We eat wheat in cereals and in snacks. Discover how all this wheat is grown—and how it gets from the field to the factory . . . and then to your kitchen. Discover the story of your food—where it was grown, who grows it, and how it gets to your plate.

ISBN: 978-1-4222-9081-1

Author: Jane E. Singer

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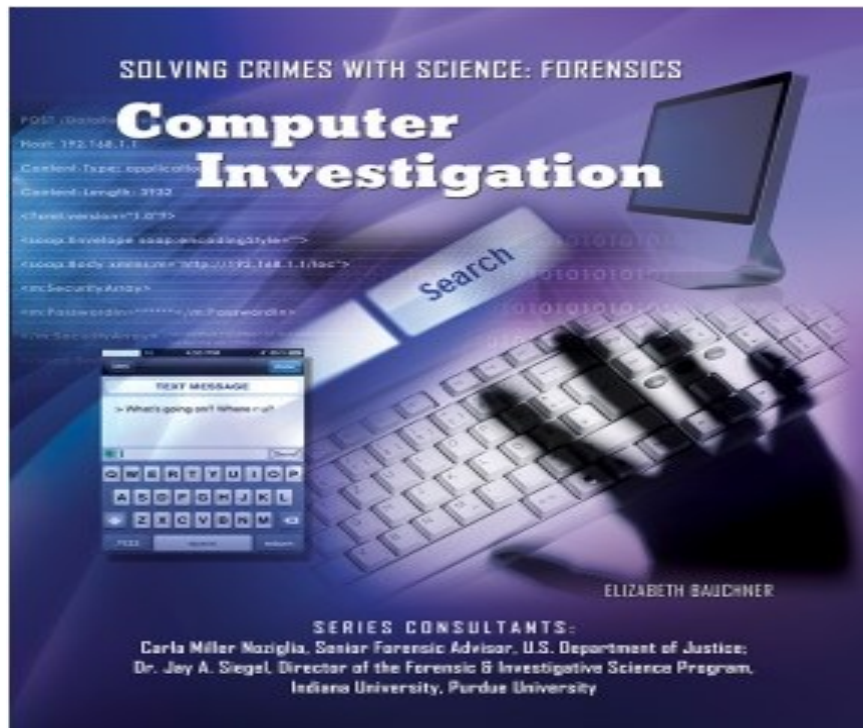
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Series/Set: Feeding the World

Dewey Number(s): 633.1'1

Grade Range: 3-5



Computer Investigation

The digital age we entered in the twenty-first century has rapidly become an age of digital crime. Cybercrimes like spoofing, phishing, and hacking are on the rise, and computer forensic technicians are on the case. Even “traditional” crimes like murder, fraud, and child abuse can be both facilitated by computers—and solved through computer investigation. Computer Investigation helps readers understand how cybercrimes are committed, and how investigators help solve them and bring the perpetrators to justice. Readers will also gain a few tips for protecting themselves online and protecting their computers from intrusions and hacks.

ISBN: 978-1-4222-8948-8

Author: Elizabeth Bauchner

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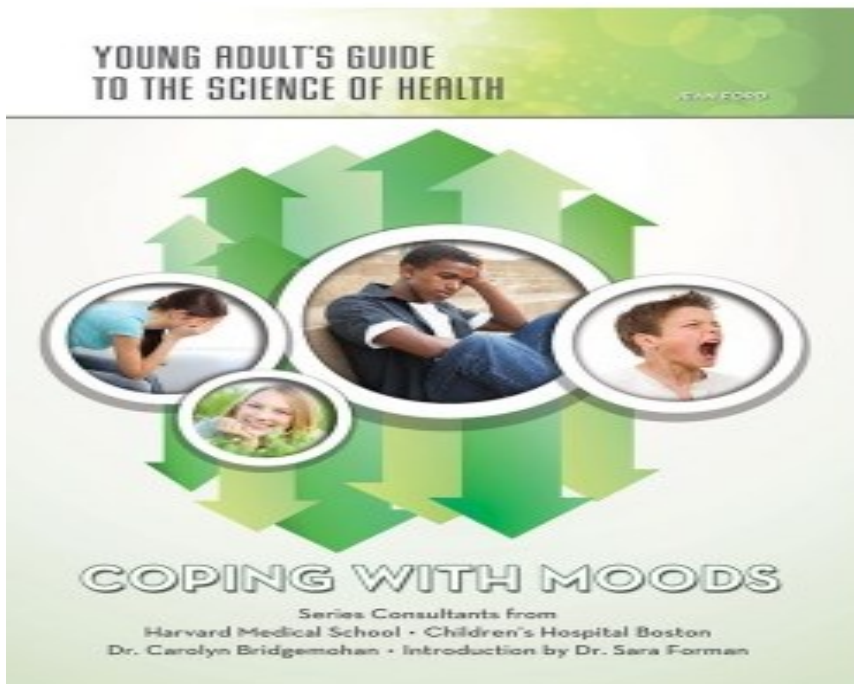
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Series/Set: Solving Crimes With Science: Forensics

Dewey Number(s): 363.25'968

Grade Range: 6-8



Coping with Moods

Have you ever been laughing one moment—and crying the next? How about so angry you could throw something—and then suddenly burst out laughing? All of us have experienced mood swings like this, and they're even more common during adolescence. Rapidly changing emotions—from contentment to irritability, anger to despair, euphoria to despondency—are common occurrences during your teen years. What causes these shifts in mood? The sources vary, but for most teens, two main agents are involved: brain chemistry and life changes. The same hormonal activity that brings about the body changes teens experience also triggers changes in your brain. At the same time, your relationships with your family and friends are changing, you have more responsibilities and freedoms than ever before, and you face a whole new set of pressures. All these things can turn your life into a series of emotional peaks and valleys. But there is hope. This book will help you understand what's happening to you—and it will offer practical coping mechanisms. Don't worry. You too can survive the roller coaster!

ISBN: 978-1-4222-9002-6

Author: Jean Ford

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Series/Set: Young Adult's Guide to the Science of Health

Dewey Number(s): 616.85'27

Grade Range: 6-8



Corn

Do you like corn on the cob? What about popcorn? How about tortilla chips, cornbread, and cornflakes? You've probably eaten these foods made from corn—but you might be surprised to discover you eat a lot more corn than you think. Corn is also hidden in many other kinds of food, even in things like meat and applesauce. Corn feeds the world in lots of ways. Discover the story of your food—where it was grown, who grows it, and how it gets to your plate.

ISBN: 978-1-4222-9074-3

Author: Kim Etingoff

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Publisher: National Highlights Inc

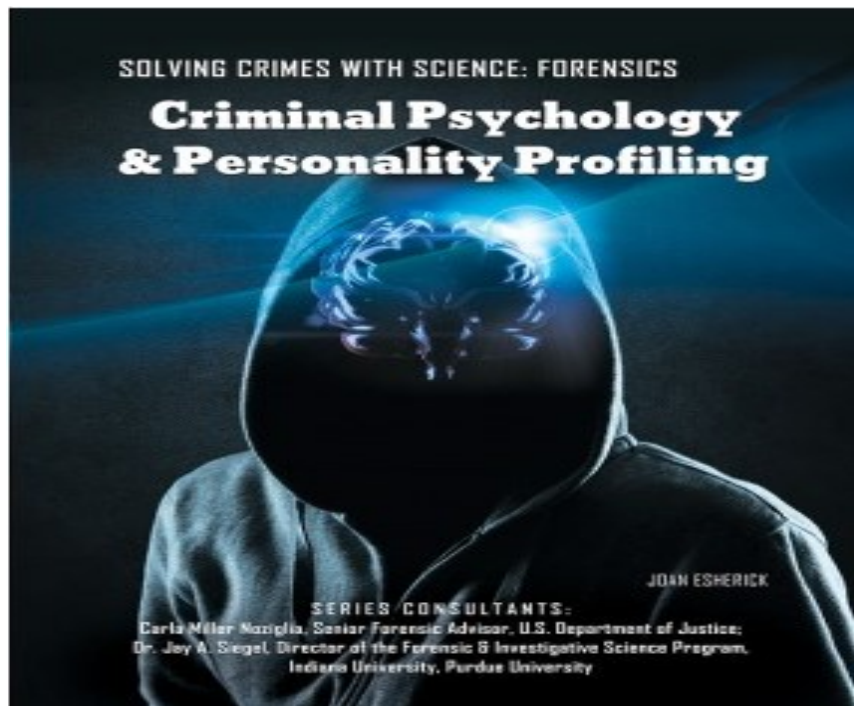
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Series/Set: Feeding the World

Dewey Number(s): 635'.67

Grade Range: 3-5



Criminal Psychology & Personality Profiling

Television programs and feature films present criminal psychology and profiling as a blend of psychic visions, supernatural intuition, and evidence analysis. The reality, however, is quite different. Using true-crime case studies from history and the present, examples from current and former FBI profilers, and informative sidebars, *Criminal Psychology & Personality Profiling* explores the many roles and responsibilities criminal psychologists and profilers fill as they support other professionals in addressing crime and its consequences. From crime-scene analysis to offering expert testimony in court, these behavioral scientists offer an understanding of crime, the criminal mind, and those affected by crime.

ISBN: 978-1-4222-8949-5

Author: JOAN ESHERICK

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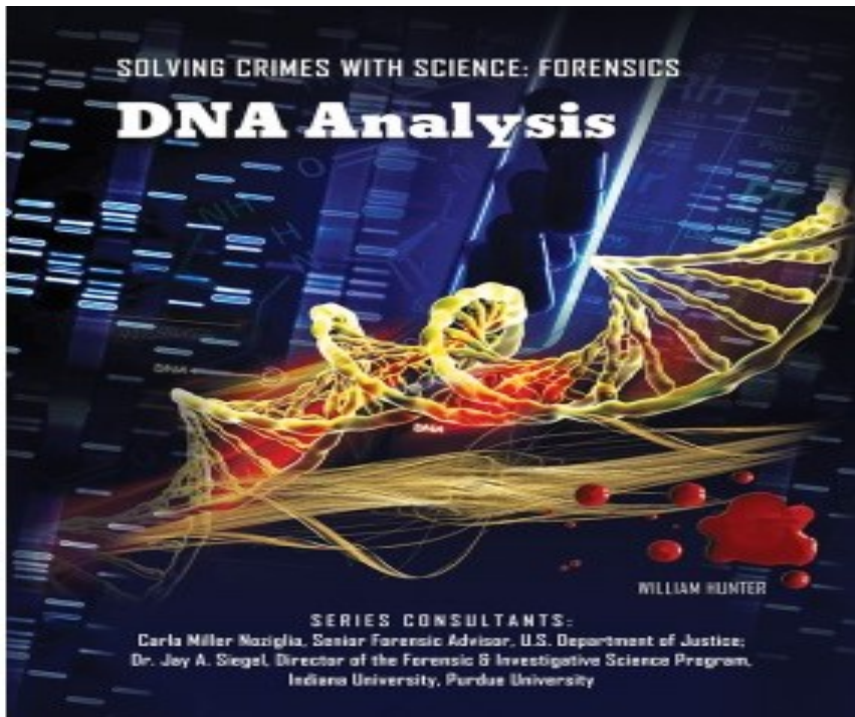
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Series/Set: Solving Crimes With Science: Forensics

Dewey Number(s): 614.15

Grade Range: 6-8



DNA Analysis

A flake of skin...a strand of hair...a fleck of saliva...a drop of blood... everywhere we go we leave behind bits of ourselves that are as unique as fingerprints. Each cell contains genetic material called DNA, which holds information that scientists can use to learn about the person who left those cells behind. In the past twenty-five years, researchers have made significant advances in all disciplines of science, including the study of genetics. As science has leapt forward, the effect on forensics has been remarkable. New knowledge of DNA has dramatically changed the amount of information available to forensic scientists at the scene of a crime, opening doors that were never open before.

ISBN: 978-1-4222-8950-1

Author: William Hunter

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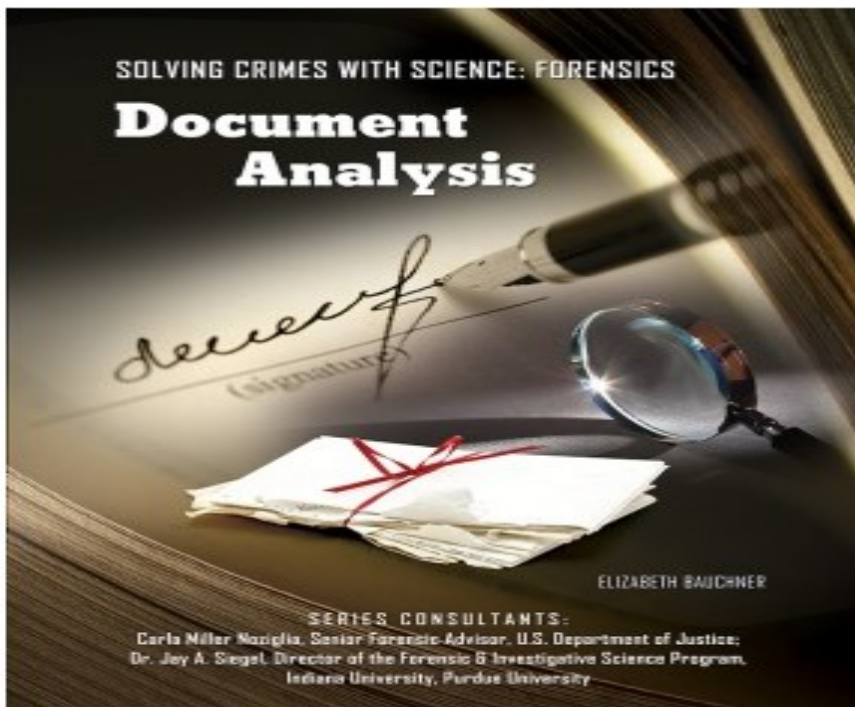
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Series/Set: Solving Crimes With Science: Forensics

Dewey Number(s): 614.1

Grade Range: 6-8



Document Analysis

The famous Lindbergh kidnapping in the 1930s was solved, in part, through a detailed analysis of the kidnapper's handwriting. Other criminal cases, such as selling phony manuscripts, forgery, and fraud can be broken with detailed analyses of handwriting, typewriting, photocopied documents, and the inks and papers used on documents. The science of analyzing documents has been growing for more than a century. In this book, readers will learn how to document analysis has helped solve various crimes, from kidnappings and famous forgeries, to bombings and other violent crimes. Readers will also see how document examiners present their findings in court. Crime leaves a paper trail—and document analysis provides the techniques for following that trail.

ISBN: 978-1-4222-8951-8

Author: Elizabeth Bauchner

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Series/Set: Solving Crimes With Science: Forensics

Dewey Number(s): 363.25'65

Grade Range: 6-8



Eggs

People all over the world eat eggs, mostly from chickens. Learn about the history of eating eggs and how we get our eggs today. Follow eggs as they make their way from chickens . . . to packing machines . . . to the grocery store . . . and finally to you! Discover the story of your food—where it was grown, who grows it, and how it gets to your plate.

ISBN: 978-1-4222-9076-7

Author: Kim Etingoff

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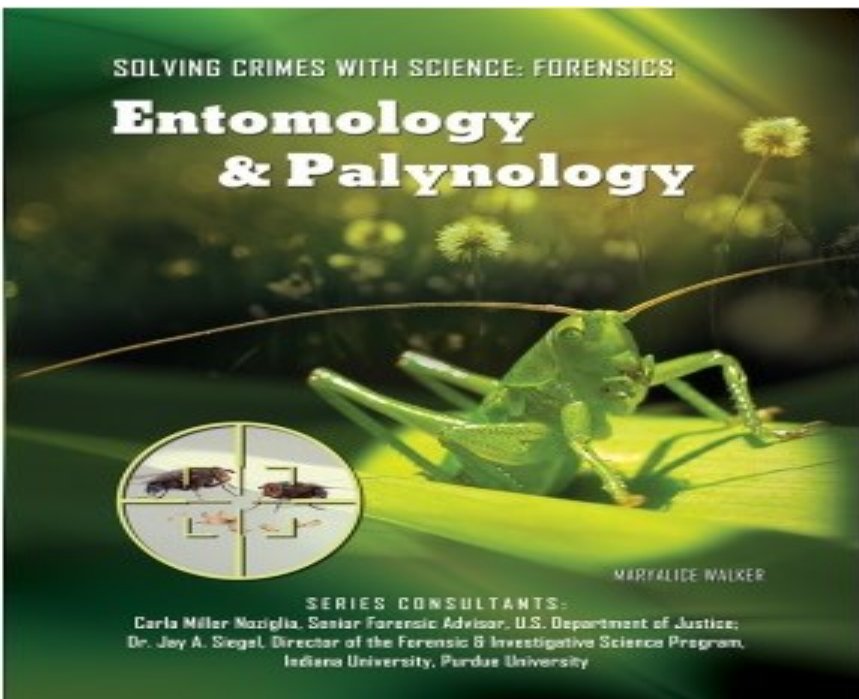
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Series/Set: Feeding the World

Dewey Number(s): 637'.5

Grade Range: 3-5



Entomology & Palynology

Who committed the crime? When? Even the smallest of witnesses can tell scientists stories that will make or break a criminal case. Insects and pollen grains help forensic scientists bring criminals to justice. A suspect escapes a crime scene, leaving not a trace of evidence behind—except for the hind leg of a grasshopper, which helps convict him of murder. A thief runs through a cornfield, relieved that no one saw him commit the crime—unaware of the tiny grains of pollen stuck to his shirt. Plants and insects hold clues to guilt or innocence. Evidence from nature is all around us, silently and swiftly leaving fingerprints, unnoticed by even the most cunning of criminals.

ISBN: 978-1-4222-8952-5

Author: Maryalice Walker

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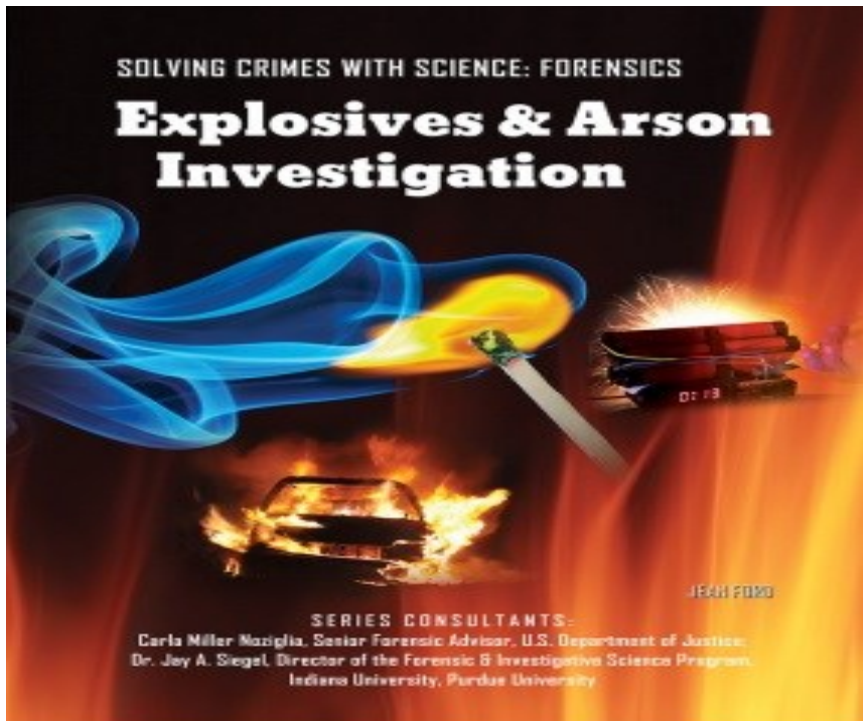
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Series/Set: Solving Crimes With Science: Forensics

Dewey Number(s): 363.25

Grade Range: 6-8



Explosives & Arson Investigation

An uncanny calm settles on the scene. The blaze is out. A soggy, sooty mess remains. Most of us wouldn't have a clue where to begin, yet fire and explosion investigators know precisely where and how to dig in. Other books in this series show that documents, fingerprints, a stray hair, fibers, bullets, tool marks, blood spatter, SNA, cigarette butts, insects, or even a simple candy wrapper can provide clinching proof in many legal cases—but fire and bombs destroy these bits of evidence. What clues can forensic scientists possibly glean from rubble and ash? Using real-life stories as examples, *Explosives & Arson Investigation* explores the world of fire—and bomb-scene investigation. From first-on-the-scene priorities to collecting and documenting evidence to lab analysis and its procedures, then finally assessing motive, this book reveals basic fire characteristics, what investigators look for, how they process what they find, the meaning of specific clues, and common motives—all while highlighting various forensic careers.

ISBN: 978-1-4222-8953-2

Author: Jean Ford

Format: Hosted eBook

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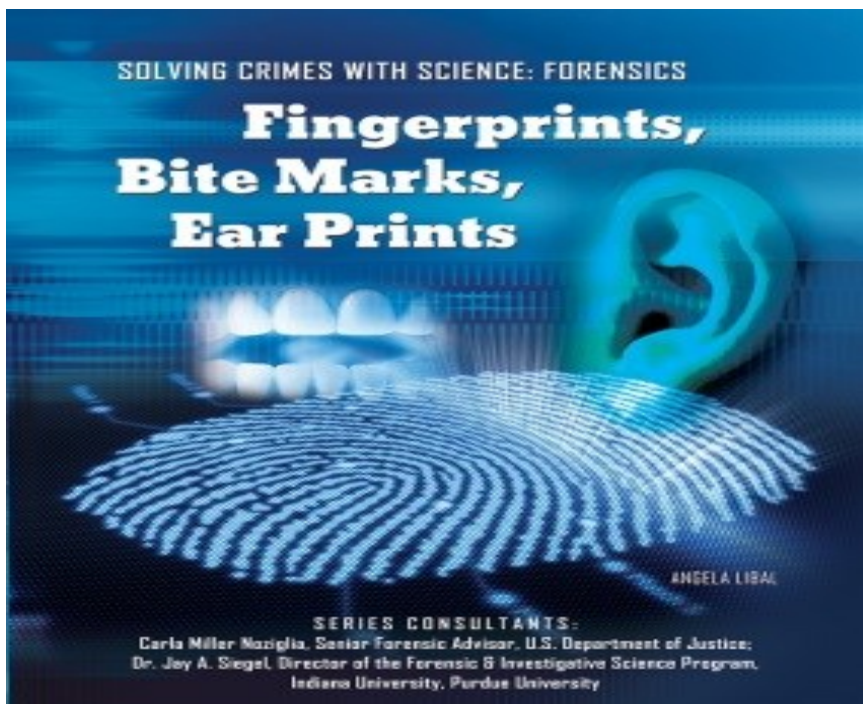
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Series/Set: Solving Crimes With Science: Forensics

Dewey Number(s): 363.25'9642

Grade Range: 6-8



Fingerprints, Bite Marks, Ear Prints

Welcome to the exciting world of forensic science, where every contact leaves a trace! This book shows how real-life detectives solve crimes with human signposts: fingerprints, the most well-known human indentifying mark; as well as newer technologies, like bite mark matching; and controversial new evidence, such as ear prints. Prepare yourself for a wild ride through some of the most shocking and mysterious crimes of history, the twentieth century, and today...you may never look at your fingertips the same way again!

ISBN: 978-1-4222-8954-9

Author: Angela Libal

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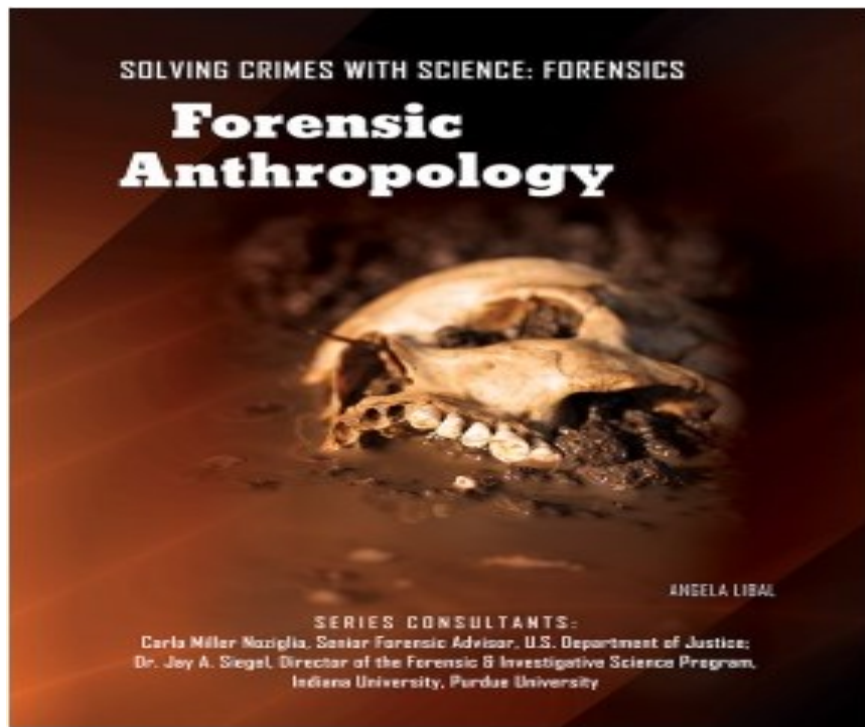
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Series/Set: Solving Crimes With Science: Forensics

Dewey Number(s): 363.25'8

Grade Range: 6-8



Forensic Anthropology

Welcome to the exciting world of forensic investigation—the science of solving crimes. This introduces the field of forensic anthropology, where scientists and criminal investigators use the human skeleton to solve some of the world’s most mysterious and violent crimes. From the nineteenth-century murderer who boiled his wife in a vat of acid, to the modern-day pig farmer accused of murdering more than sixty women, forensic anthropology shows how even the tiniest fragments of bones can reveal the identities of victims as well as killers. From mass-transit accidents to war to genocide and terrorist attacks, this science also pieces together the most scattered and seemingly unidentifiable remains. Using recent finds such as bags of bones in the woods, or the five-thousand-year-old skeleton of a victim of foul play, forensic detectives use the smallest clues, revealing a massive crime-recording device: the human body. See how the dead do tell tales to those who know how to listen!

ISBN: 978-1-4222-8955-6

Author: Angela Libal

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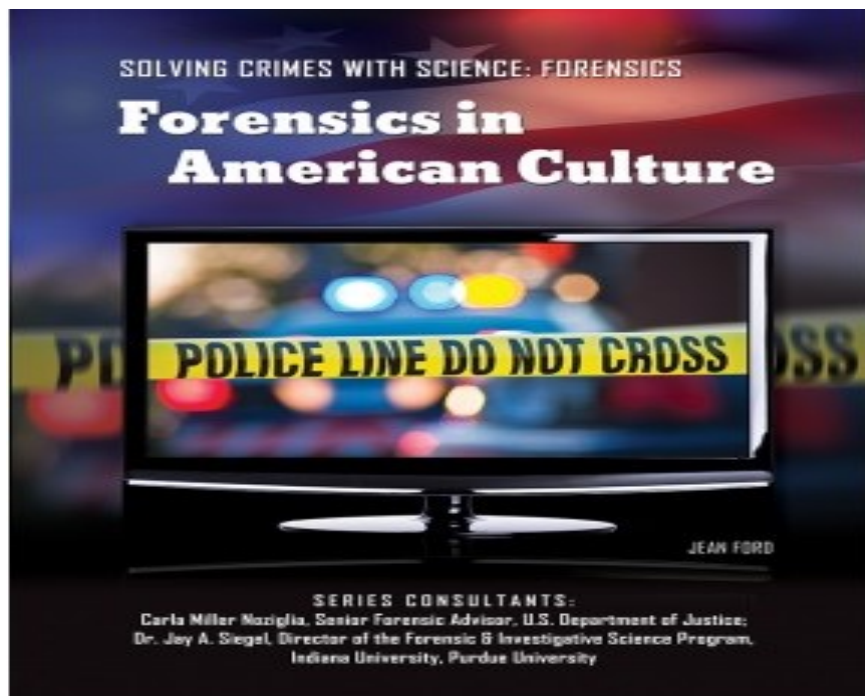
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Series/Set: Solving Crimes With Science: Forensics

Dewey Number(s): 614.17

Grade Range: 6-8



Forensics in American Culture

Why are programs such as CSI, Law & Order, and Cold Case so popular? Because our culture is fascinated with crime—and these television shows reveal investigators’ procedures and secrets. With so many forensic-based television programs, it might seem that North America’s morbid curiosity is a new phenomenon. The truth is, however, that humanity have always been fascinated by that which also frightens them. What’s more, humans are attracted to puzzles—and forensic science offers opportunities to solve mysteries while at the same time “catching the bad guys.” Modern media has only magnified the tendencies of previous generations. This book takes a look at the ways this fascination with crime shapes modern news media, television programming, movies, and the Internet. It also provides information on the real-life opportunities for forensic careers. Forensic science is more than just a cultural obsession—it’s a fast-growing professional field. Forensics in American Culture will reveal this field’s intriguing mixture of science, mystery, excitement, and justice.

ISBN: 978-1-4222-8956-3

Author: Jean Ford

Format: Hosted eBook

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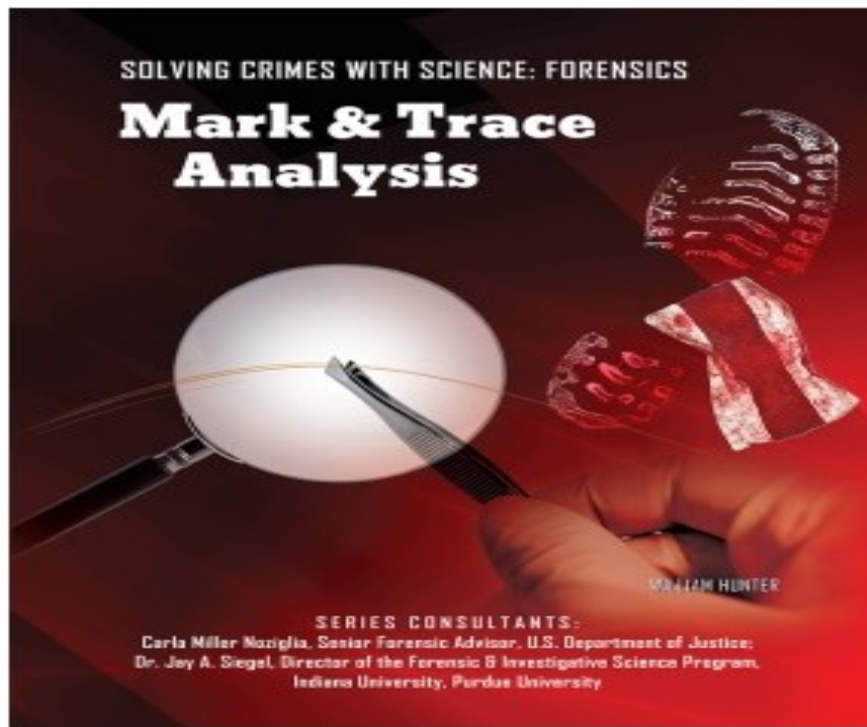
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Series/Set: Solving Crimes With Science: Forensics

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Grade Range: 6-8



Mark & Trace Analysis

Crimes happen every day all around the world. Sometimes, criminals think they have taken every possible precaution to avoid capture, but they are often mistaken. Every crime leaves a trace, and forensic science has evolved to find the tiniest bits of evidence imaginable at a crime scene. *Mark & Trace Analysis* gives readers some insights about the tricks and techniques used by forensic scientists and crime-scene investigators when evidence is scarce. Criminals always leave a trail. The trick is finding it.

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Author: William Hunter

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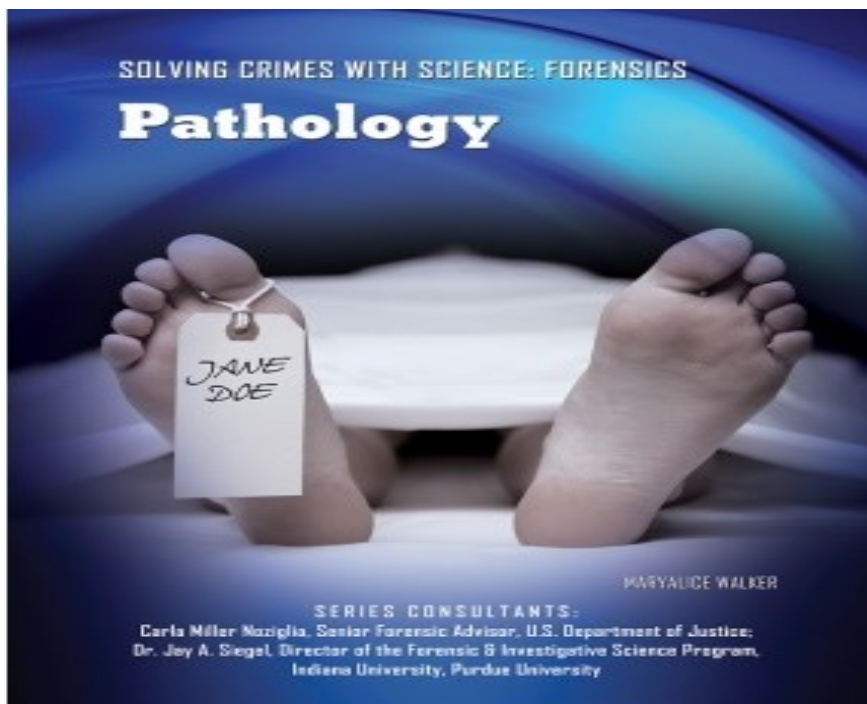
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Series/Set: Solving Crimes With Science: Forensics

Dewey Number(s): 363.25'62

Grade Range: 6-8



Pathology

"Real-life" crime dramas on television intrigue us with the details of postmortem examinations leading to the arrest of murder suspects—but how do forensic pathologists, the doctors who investigate unnatural deaths and chilling crime scenes, actually bring criminals to justice? The story lies in the body of evidence. Literally. The human body provides a wealth of scientific evidence that allows forensic pathology, or legal medicine, to help resolve criminal cases and convict even most elusive perpetrators. The human body records the story of a crime in the language of cuts, wounds, and bruises, and in the fingerprints and bloodstains. Forensic pathologists are trained to scrutinize and interpret this evidence in ways no other scientist can. Examining victims' remains from the outside in, forensic pathologists investigate every inch of the human landscape to discover when, how, and why the victim died. Sometimes, a time of death is all a jury needs to convict a suspect of murder, and forensic pathologists are experts at uncovering this crucial evidence. Visiting crime scenes, collecting bodies in the middle of the night, and excavating suspicious burial grounds are all in a day's work for the sake of bringing justice to victims who can no longer speak for themselves.

ISBN: 978-1-4222-8958-7

Author: Maryalice Walker

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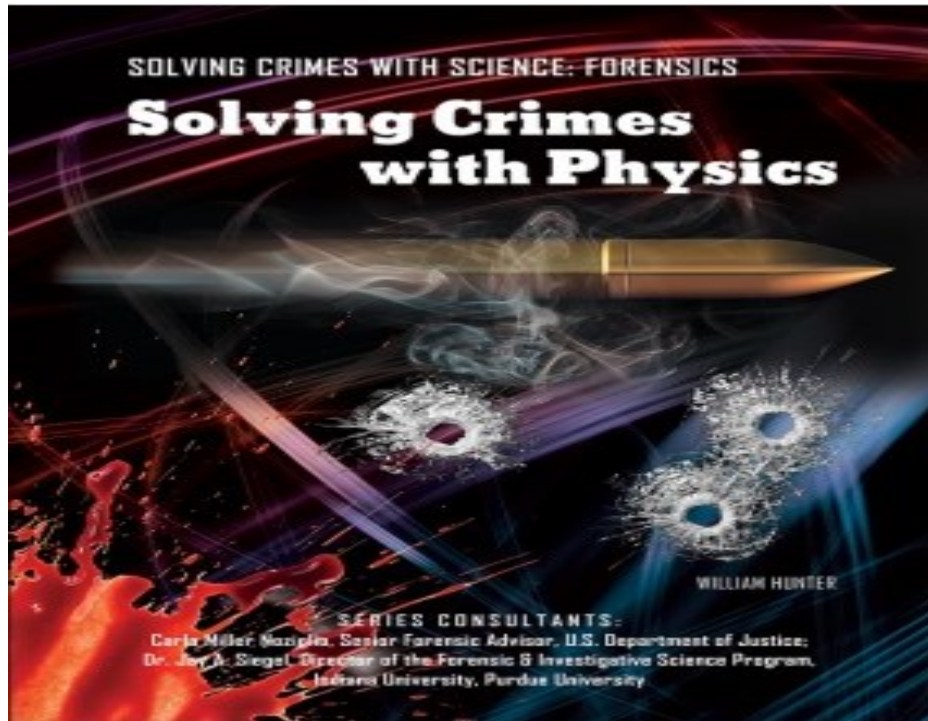
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Series/Set: Solving Crimes With Science: Forensics

Dewey Number(s): 614.1

Grade Range: 6-8



Solving Crimes with Physics

Most people cringe when they hear the word physics. Physics is a very technical science that most people rely on every day, but do not really care to understand. Things work, and that is enough for most of us. Solving Crimes with Physics delves into the use of this challenging science to give readers a basic understanding of how the principles of physics can be used to solve crimes. From ballistics to bomb blasts, the knowledge of the theories of physics are powerful tools in the hands of a skilled forensic scientist.

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Author: William Hunter

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Grade Range: 6-8



Soybeans

Maybe you've eaten fresh soybeans—but you probably eat a lot more soybeans than you think. Soybeans are found in a lot of foods. They're made into soy milk and tofu and vegetable oil. They're hidden in meat. Find out more about soybeans—how they're grown and how they're made into foods you eat every day. Discover the story of your food—where it was grown, who grows it, and how it gets to your plate.

ISBN: 978-1-4222-9080-4

Author: Jane E. Singer

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