Resilient 12 Tools For Transforming Everyday Experiences Into Lasting Happiness

Good design is enabling, and each and every one of us is a designer. Universal Design is widely recognized an important concept that should be incorporated in all person-centred policies. The United Nations Convention on the Rights of Persons with Disabilities (UNCRPD) clearly stipulates that the most effective way of delivering on the promise of an inclusive society is through a Universal Design approach. Sitting at the intersection of the fields of Higher Education and Universal Design, this book presents papers delivered at the Universal Design and Higher Education in Transformation Congress (UDHEIT2018), held in Dublin, Ireland, from 30 October to 2 November 2018. This event brings together key experts from industry, education, and government and non-government organization sectors to share experiences and knowledge with all participants. The 86 papers included here are grouped under 17 headings, or themes, ranging from education and digital learning through healthcare to engagement with industry and urban design. Celebrating and integrating all that is good in design, diversity and education, this book will be a valuable resource for all those interested in the inspiring and empowering developments in both Universal Design and higher education.

This book constitutes the refereed proceedings of the Second International Conference

on Theory and Practice of Model Transformations, ICMT 2009, held at the ETH in Zurich, Switzerland, in June 2009. The 14 revised full papers and 3 revised short papers presented together with 1 invited lecture were carefully reviewed and selected from 67 submissions. The papers address questions about the nature and features of model transformations, their composability and combination to build new model transformations and implement high-level model management operations, the classification of languages for expressing transformations, the measurement of the quality and extra-functional requirements of model transformations, and the definition of development methodologies that allow exploiting all their potential benefits. The volume also contains the minutes of the GRACE International Meeting on Bidirectional Transformations, held in December 2009 near Tokyo, Japan.

This book constitutes the refereed proceedings of the 11th International Workshop on Software Engineering for Resilient Systems, SERENE 2019, held in Naples, Italy, in September 2019. The 5 full papers and 4 short papers presented together with 1 keynote and 1 invited paper were carefully reviewed and selected from 12 submissions. They cover the following areas: resilience engineering in complex and critical applications; testing and validation methods; security, trust and privacy management.

This is the first book to address the concept of resilience and its specific application and relevance to tourism, in particular tourism destinations. Resilience relates to the ability of organisms, communities, ecosystems and populations to withstand the impacts of

external forces while retaining their integrity and ability to continue functioning. It is particularly applicable to tourism destinations and attractions which are exposed to the potentially harmful and sometimes severe effects of tourism development and visitation, but which also can experience increased resilience from the economic benefits of tourism. Tourism and Resilience is relevant for researchers, students and practitioners in tourism and related fields such as development studies, geography, sociology, anthropology, economics and business/management. Phenomena such as destination communities, wildlife populations and ecosystems are discussed, as well as the ability of places and communities to use tourism and its infrastructure to recover from disasters such as tsunamis, earthquakes, unrest and disease.

Mit Wut und Impulsivität in der Erziehung gekonnt umgehen »Jetzt reicht's mir aber!!« Kaum jemand macht Eltern so wütend wie die eigenen Kinder. Denn häufig bestimmen übermäßige Angst, Kränkbarkeit und andere Stressreaktionen den Familienalltag. Diese Emotionen führen schnell dazu, dass Eltern ganz anders reagieren, als sie es sich eigentlich wünschen. Dieses Buch mit seinen vielen Reflexionsimpulsen hilft Eltern zu unterscheiden, wann sie erwachsen denken und wann sie mit ihrem Verhalten in automatische Muster fallen. So wird es möglich, den Kindern auf Augenhöhe zu begegnen, mit ihnen in Beziehung zu treten und gemeinsam nach Lösungen zu suchen, die für alle Beteiligten in Ordnung sind.

Transformation is no longer a short-lived initiative. It is not a program.It is not

linear.Instead, the world's leading organizations now embrace transformationas a a challenging, stretching, exciting and essential constant in theirlives. Welcome to the age of perpetual transformation.Now, the Brightline Initiative and Thinkers50 have collaborated to bringtogether some of the world's leading minds on the theme of perpetualtransformation. Curated by Thinkers50 cofounder Stuart Crainer andintroduced by PMI COO Michael DePrisco, Perpetual Transformationfeatures ideas and insights from Didier Bonnet, Susie Kennedy, KaihanKrippendorff, Jeffrey Kuhn, Habeeb Mahaboob, Tony O'Driscoll,Martin Reeves, Lars F&æste, Tom Deegan, April Rinne, Antonio Nieto-Rodriguez, Gabriele Rosani, Paolo Cervini, Robin Speculand, BehnamTabrizi and a host of others.

Resilience is the human capacity to deal with stress and adversity and emerge stronger for the experience. This volume contains ten contributions from members of the helping professions (e.g. psychologists, doctors, teachers) dealing with the fostering of resilience, particularly in children and youth.

This book examines how renewed forms of artistic activism were developed in the wake of the neoliberal repression since the 1980s. The volume shows the diverse ways in which artists have sought to confront systemic crises around the globe, searching for new and enduring forms of building communities and reimagining the political horizon. The authors engage in a dialogue with these artistic efforts and their histories – in particular the earlier artistic activism that was developed during the civil rights era in the

1960s and 70s – providing valuable historical insight and new conceptual reflection on the future of aesthetic resilience. This book will be of interest to scholars in contemporary art, history of art, film and literary studies, protest movements, and social movements.

Many of us find it easy to love others but do not know how to love ourselves. Do you struggle with the seemingly 'difficult' parts of yourself that lurk in the shadows, often hidden from the world – frustration, anxiety, self-doubt, anger? The Self-Love Habit is about learning to bring these parts of yourself out from the darkness and into the light. By loving and paying attention to the rejected aspects of ourselves, we give ourselves the power to transform in ways we never thought possible. Fiona Brennan's four powerful self-love habits – LISTEN, OPEN, VALUE, ENERGISE – will teach you how to do this. When you truly love yourself, your whole world opens to serenity and your self-imposed limitations fall away. The accompanying hypnotherapy audios will rewire your brain as you sleep and help you to start the day full of loving energy by changing the negative, unconscious habit of living through fear into the positive, conscious habit of living through love. Get ready to transform internal battles into inner peace and external relationships into a source of endless joy as you discover why self-love is the most selfless love of all.

'Accessible and gentle, there is deep wisdom here from which all may benefit' Professor Mark Williams, bestselling author of Mindfulness 'Astonishing' Ruby Wax Explore the new neuroscience of awakening and develop lasting inner peace in a changing world In Neurodharma, leading psychologist Rick Hanson explores the heights of human potential – and how to become as wise and strong, happy and loving, as any person can ever be. Combining new science and ancient wisdom, he shows how to develop unshakeable presence of mind, deep contentment, liberating insight and a courageous heart. With practical suggestions, guided meditations and warm encouragement, he offers an inspiring vision of who we can be – and an effective path for embodying this wonderful possibility. 'A brilliant and unprecedented offering' Deepak Chopra 'Rick Hanson has a rare ability to inspire us to our fullest potential while giving us practical, actionable tools for our everyday lives' Marie Forleo, author of Everything is Figureoutable

In the last decade, the OECD has undergone a period of transformation under the leadership of Secretary-General Angel Gurría and his senior management – a transformation that has revitalised the organisation's operations and outputs. Now celebrating its 60th anniversary, the OECD provides an increasingly valuable resource for its members and partners worldwide. This, the only book to

cover the last ten years of the OECD's work, focuses on the policy-related advice, evidence-based global standards, trusted statistics and analysis, and support for policy reform that it has developed. The book commences with a brief history of the OECD and its key decision processes and then examines the impact of its leadership in driving a wide range of achievements and in securing an expanding, increasingly global role. It focuses on the organisation's green agenda and the move to measure living conditions in a more detailed fashion, rather than relying largely on GDP, and on the inclusive growth project that aims at making markets work for all. It discusses the OECD's remarkably influential work in education, including PISA and PIAAC, and demonstrates the capacity of the OECD to embrace new areas of work – the importance of innovation and the digital economy in driving economic growth. Based on access to a wide range of documents and extensive interviews with senior officials and members, this comprehensive book also sheds light on the OECD's partnership with the G20 in the push for stronger international co-operation and transparency in tax matters as well their Inclusive Framework on Base Erosion and Profit shifting (BEPS), aimed at tackling tax avoidance. The OECD's strategic response to the COVID-19 pandemic and the drive to develop 'Smart Data' are also covered. Resilient12 Tools for transforming everyday experiences into lasting

happinessRandom House

You've streamlined processes. You've restructured. You've sought customer and employee feedback. You've tried everything. Now, try something that works. Whether you lead three employees or 3,000, this book shows you how to increase productivity, collaboration, and profitability using the simple yet powerful tools from the new field of Positive Psychology.

The years c. 1250 to 1150 BC in Greece and the Aegean are often characterised as a time of crisis and collapse. A critical period in the long history of the region and its people and culture, they witnessed the end of the Mycenaean kingdoms, with their palaces and Linear B records, and, through the Postpalatial period, the transition into the Early Iron Age. But, on closer examination, it has become increasingly clear that the period as a whole, across the region, defies simple characterisation – there was success and splendour, resilience and continuity, and novelty and innovation, actively driven by the people of these lands through this transformative century. The story of the Aegean at this time has frequently been incorporated into narratives focused on the wider eastern Mediterranean, and most infamously the 'Sea Peoples' of the Egyptian texts. In twenty-five chapters written by 25 specialists, Collapse and Transformation instead offers a tight focus on the Aegean itself, providing an up-to date picture of the

archaeology 'before' and 'after' 'the collapse' of c. 1200 BC. It will be essential reading for students and scholars of the Aegean and eastern Mediterranean regions, as well as providing data and a range of interpretations to those studying collapse and resilience more widely and engaging in comparative studies. Introductory chapters discuss notions of collapse, and provide overviews of the Minoan and Mycenaean collapses. These are followed by twelve chapters, which review the evidence from the major regions of the Aegean, including the Argolid, Messenia, and Boeotia, Crete, and the Aegean islands. Six chapters then address key themes: the economy, funerary practices, the Mycenaean pottery of the mainland and the wider Aegean and eastern Mediterranean region, religion, and the extent to which later Greek myth can be drawn upon as evidence or taken to reflect any historical reality. The final four chapters provide a wider context for the Aegean story, surveying the eastern Mediterranean, including Cyprus and the Levant, and the themes of subsistence and warfare. A collection of best practices and effective implementation recommendations that are proven to work, Secure, Resilient, and Agile Software Development leaves the boring details of software security theory out of the discussion as much as possible to concentrate on practical applied software security for practical people. Written to aid your career as well as your organization, the book shows how to

gain skills in secure and resilient software development and related tasks. The book explains how to integrate these development skills into your daily duties, thereby increasing your professional value to your company, your management, your community, and your industry. Secure, Resilient, and Agile Software Development was written for the following professionals: AppSec architects and program managers in information security organizations Enterprise architecture teams with application development focus Scrum teams DevOps teams Product owners and their managers Project managers Application security auditors With a detailed look at Agile and Scrum software development methodologies, this book explains how security controls need to change in light of an entirely new paradigm on how software is developed. It focuses on ways to educate everyone who has a hand in any software development project with appropriate and practical skills to Build Security In. After covering foundational and fundamental principles for secure application design, this book dives into concepts, techniques, and design goals to meet well-understood acceptance criteria on features an application must implement. It also explains how the design sprint is adapted for proper consideration of security as well as defensive programming techniques. The book concludes with a look at white box application analysis and sprint-based activities to improve the security and quality of software under

development.

Your key to lasting happiness, self-love and inner peace 'A master of his craft' - Prof Mark Williams, bestselling author of Mindfulness: a practical guide to finding peace in a frantic world Rick Hanson, author of the New York Times bestselling Hardwiring Happiness, is known for his trademark blend of neuroscience, positive psychology and contemplative practices. In Resilient, he explains how to build the very foundations of well-being by harnessing the power of positive experiences to build an unshakeable core. Dr. Hanson poses that anyone can build up resilience, the key to a positive mindset, unshakeable sense of self and the ability to get back up again and withstand anything life throws your way. He has distilled 40 years of clinical work and teaching into 12 practical, highly effective tools to help you build your resilience. Working with these tools allows you to enter a positive feedback cycle, which creates a sense of well-being, which in turn establishes resilience, and ultimately powers itself to strengthen you. Developed from his incredibly popular online course called The Foundations of Well-Being, here is the groundwork you need to meet any challenge in life head on and to live with an open heart.

This book contributes to the literature on resilience, hazard planning, risk management, environmental policy and design, presenting articles that focus on building resilience through

social and technical means. Bringing together contributions from Japanese authors, the book also offers a rare English-language glimpse into current policy and practice in Japan since the 2011 Tohoku disaster. The growth of resilience as a common point of contact for fields as disparate as economics, architecture and population politics reflects a shared concern about our capacity to cope with and adapt to change. The ability to bounce back from hardship and disaster is essential to all of our futures. Yet, if such ability is to be sustainable, and not rely on a "brute force" response, innovation will need to become a core practice for policymakers and on-the-ground responders alike. The book offers a valuable reference guide for graduate students, researchers and policy analysts who are looking for a holistic but practical approach to resilience planning.

This document is a guidance for practitioners seeking to design climate change interventions with greater potential to exert transformational change (TrC). It has a series of guiding sheets with recommendations on how to introduce insights of TrC in the tools, methods, and approaches (TMAs) used for climate programming. These TMA guiding sheets cover: theory of change, market, economic and gender analyses, feasibility studies, among others. Each uses real-world examples of investments in renewable energies, sustainable forest management, climate resilience and clean technologies.

With the growth and advancement of business and industry, there is a growing need for the advancement of the strategies that manage these modernizations. Adaptation to advancement is essential for the success of these organizations and using the proper methods to accomplish this essential adaptation is paramount. Organizational Transformation and Managing Innovation in the Fourth Industrial Revolution provides innovative insights into the management

of advancements and the implementation of strategies to accommodate these changes. The content within this publication examines social engagement, cyber-journalism, and educational innovation. It is designed for managers, consultants, academicians, researchers, and professionals, and covers topics centered on the growth of businesses and how they change alongside the economy and infrastructure.

Treating traumatized patients takes its toll on the treating clinician, giving rise over time to what Richard B. Gartner terms countertrauma in the psychoanalyst or therapist. Paradoxically, a clinician may also be imbued with a sense of optimism, or counterresilience, after learning how often the human spirit can triumph over heartbreakingly tragic experiences. Trauma and Countertrauma, Resilience and Counterresilience brings together a distinguished group of seasoned clinicians, both trauma specialists and psychoanalysts. Their personal reflections show what clinicians all too rarely dare to reveal: their personal traumatic material. They then discuss how they develop models for acknowledging, articulating, and synthesizing the countertrauma that arises from long-term exposure to patients' often-harrowing trauma. Writing openly, using viscerally affecting language, the contributors to this exceptional collection share subjective and sometimes intimate material, shedding light on the inner lives of people who work to heal the wounds of psychic trauma. By the same token, many of these clinicians describe how working intimately with traumatized individuals can affect the listener positively, recounting how patients' resilience evokes counterresilience in the therapist, allowing the clinician to benefit from ongoing contact with patients who deal bravely with horrific adversity. Paradoxically, a clinician may be imbued with a sense of optimism after learning how often the human spirit can triumph over heartbreakingly tragic experiences.

Trauma and Countertrauma, Resilience and Counterresilience will appeal to psychoanalysts, psychoanalytic psychotherapists, and trauma experts, offering a valuable resource to those beginning their careers in mental health work, to teachers and supervisors of trauma therapists, to experienced clinicians struggling with burnout, and to anyone who wants to understand the psychotherapeutic process or indeed the human condition.

We all experience daily stressors, crisis events, and struggles at work and in life. Regardless of our chosen profession or age, there is one certainty. Each day offers an opportunity to help others and protect and enhance our well-being. Within a twenty-one day journey supported by extensive research, Dr. Jeff Thompson shares insight into how to effectively manage thinking, calm the mind, and build resilience and mental strength while developing short daily practices that promote a better, happier lifestyle. While addressing the pillars of awareness, wellness, purpose, and positivity, each daily practice includes a keyword and related quote, a morning breathing exercise, a short article with a brief reflection on the keyword, and an evening gratitude practice. Each practice is connected and designed to take just ten to fifteen minutes in total to complete, and encourages participants to set smaller goals to achieve larger goals. warr;or21 is a twenty-one day guide to establishing daily practices and positive coping habits to persevere through challenges, overcome roadblocks, and attain better overall health and well-being.

The Commonwealth at the Summit: Volume 4 brings together the full text of declarations, statements and communiqués issued by Commonwealth Heads of Government between 2007 and 2015. Together these demonstrate the continuing evolution of a shared global vision of the Commonwealth and its consolidation as a values-based organisation, including the watershed

decision to adopt the Commonwealth Charter at Perth in 2011. This volume continues a series reaching as far back as 1944, and brings up to date an impressive and inspiring record of solidarity in international cooperation, building on the unique diversity of the Commonwealth. This book constitutes the refereed proceedings of the 34th International Conference on Computer Safety, Reliability, and Security, SAFECOMP 2015, held in Delft, The Netherlands, in September 2014. The 32 revised full papers presented together with 3 invited talks were carefully reviewed and selected from 104 submissions. The papers are organized in topical sections on flight systems, automotive embedded systems, automotive software, error detection, medical safety cases, medical systems, architecture and testing, safety cases, security attacks, cyber security and integration, and programming and compiling. Der Tagungsband zum 9. Wissenschaftsforum Mobilität an der Universität Duisburg-Essen im Juni 2017 untersucht den Einfluss der fortschreitenden Digitalisierung auf traditionelle Automobilunternehmen und neue Mobilitätsanbieter. Die Beiträge des Forums an den Schnittstellen der betriebswirtschaftlichen und ingenieurwissenschaftlichen Forschung geben dazu einen umfassenden Einblick und zeigen Möglichkeiten auf, wie Unternehmen die digitale Transformation erfolgreich bewältigen können. This book constitutes the refereed proceedings of the Third International Conference on Graph Transformations, ICGT 2006. The book presents 28 revised full papers together with 3 invited lectures. All current aspects in graph drawing are addressed including graph theory and graph algorithms, theoretic and semantic aspects, modeling, tool issues and more. Also includes accounts of

a tutorial on foundations and applications of graph transformations, and of ICGT Conference satellite events.

Real-life stories of courage from the #WomenEd community.

In a critical analysis of conventional understanding, leading authors Claire Davis and Marisa Silvestri present bold new conceptualisations of police leadership. Drawing on empirical research in criminology, sociology and leadership studies, they present a thoughtful critique of the nature and practice of leadership in contemporary policing. The book critically explores the identities of leaders and their positions within wider organisational structures and processes and provides a critique of contemporary reform to police professionalisation, training and education, equalities and diversity by situating these developments within wider historical, social and political context. Pointing towards future directions and a reimagining of leadership in the police, this is an accessible, stimulating and essential text for policing students and valuable reading for current leaders and those interested in policing, criminology and leadership.

Nach einem schweren Unfall hatte die Spieledesignerin Jane McGonigal bereits mit dem Leben abgeschlossen. Doch durch ihren starken Willen befreite sie sich von Depressionen und Suizidgedanken und entwickelte aus ihren Erfahrungen ein Spiel. Ihr selbst hat es geholfen und auch viele andere haben sich bereits

glücklich gespielt. Dieses Buch zeigt, wie Spiele helfen können, extreme Stresssituationen zu bewältigen, persönliche Herausforderungen zu meistern und mit Traumata umzugehen.

Telecommunication companies deliver digital bits to the customers for a fee. There are two kinds of bits: "fast and faster dumb bits" which is capital intensive with low margins, and "intelligent bits" with additional content component and with higher margin. Traditional Communication Service Providers (CSPs) have gone through transformation after transformation over the past several decades. All past transformations have had one thing in common, that is the delivery of faster dumb bits, leveraging the technology evolution from analog to digital, to wireless, to IP. The next wave of transformations will be very different, we call it extreme transformation, in that the CSPs have to become a Digital Service Provider (DSP) to stay relevant. In the DSP world, with billions of sensors and IoT devices, digital lifestyle will be enabled by data mining and analytics, leading to decision making, and entertainment. The extreme transformation from a CSP to a DSP status is covered in this book, specifically: Redefinition of the offerings of "connectivity services" to "digital services"; unification of legacy redundant networks into one; Redefinition of the measurements to customer-centric QoE for all digital and connectivity services; the Best-in-Industry processes and practices

to ensure a sustainable network performance at a competitively operational efficiency; a Service-over-IP (SoIP) platform to enable the introduction of unified new services with a time-to-market urgency; the regulatory arrangement for content purification, to liberalize CSPs to become DSPs; an architecture for data mining and analytics; and a migration plan from a CSP to a DSP status. The book is recommended for telecom and digital service professionals planning to embark on transformational projects; telecom and technology equipment manufacturers to help with product development for a DSP status; institutional investors to evaluate and establish their investment decisions; telecom management consultants to help with a solid benchmark for transformation engagement; university students, majoring in telecommunication and technology products as a guide for career planning.

The Business Communication Handbook, 11e helps learners to develop competency in a broad range of communication skills essential in the 21st-century workplace, with a special focus on business communication. Closely aligned with the competencies and content of BSB40215 Certificate IV in Business and BSB40515 Certificate IV in Business Administration, the text is divided into five sections: - Communication foundations in the digital era - Communication in the workplace - Communication with customers -

Communication through documents - Communication across the organisation Highlighting communication as a core employability skill, the text offers a contextual learning experience by unpacking abstract communication principles into authentic examples and concrete applications, and empowers students to apply communication skills in real workplace settings. Written holistically to help learners develop authentic communication-related competencies from the BSB Training Package, the text engages students with its visually appealing layout and full-colour design, student-friendly writing style, and range of activities. This book considers the concept of resilience in a global society where coping with the consequence and long term impact of crisis and disaster challenges the capacity of communities to bounce back in the event of severe disruption. Catastrophic events such as the 9.11 terrorist attack, the Fukushima nuclear disaster, and the volcano eruption in Central Java entailed massive devastation on physical infrastructures, and caused significant social and economic damage. This book considers how the modern sociotechnological system facilitating human activity defines how societies survive and whether a crisis will be short-lived or prolonged. Drawing on the concept of sociotechnical resilience, this book closely examines a range of events North America, Asia, Australia, and Europe. By presenting the successes and failures of sociotechnical resilience, it offers

important insights and practical lessons to build better and comprehensive understandings of resilience in a real-world setting, significantly contributing to the study of disaster resilience.

Smart, Resilient and Transition Cities: Emerging Approaches and Tools for Climate-Sensitive Urban Development starts with a presentation of three widespread Urban Metaphors, which are gaining increasing attention from urban planners and decision-makers: Smart City, Resilient City and Transition Towns, being all of them focused on the need for enhancing cities' capacities to cope with the multiple and heterogeneous challenges threatening contemporary cities and their future development and, above all, with climate issues. Then, the Authors provide an overview of current large-scale and urban strategies to counterbalance climate change so far undertaken in different geographical contexts (Europe, United States, China, Africa and Australia), shedding light on the different approaches, on the different weights assigned to mitigation and adaptation issues as well as on the main barriers hindering their effectiveness and translation into measurable outcomes. Opportunities and criticalities arising from the rich, 'sprawled' and 'blurred' landscape of current strategies and initiatives in the face of climate change pave the way to a discussion on the lessons learnt from current initiatives and provide new hints for developing

integrated climate strategies, capable to guide planners and decision makers towards a climate sensitive urban development Smart, Resilient and Transition Cities: Emerging Approaches and Tools for Climate-Sensitive Urban Development merges a scientific approach with a pragmatic one. Through a case study approach, the Authors explore strengths and weaknesses of institutional and informal practices to foreshadow innovative paths for an adaptive process of urban governance in the face of climate change. The book guides the reader along new governance paths, characterized by continuous learning and close cooperation and communication among different actors and stakeholders and, in so doing, helps them to overcome current 'siloed' approaches to climate issues. Links resilience, smart growth, low-carbon urbanism, climate-friendly cities, sustainable development and transition cities, being all these concepts crucial to improve effective climate policies Includes a number of case studies showing how cities, different in size, geographical, cultural and economic contexts are currently dealing with climate issues, grasping synergies and commonalities arising from current institutional practices and transition initiatives Provides strategic and operative guidelines to overcome barriers and critical issues emerging from current practices, promoting cross-sectoral approaches to counterbalance climate change

This book constitutes the refereed proceedings of the 18th IFIP WG 8.1 International Conference on Informatics and Semiotics in Organisations, ICISO 2018, held in Reading, UK, in July 2018. The 30 full papers and 4 posters presented were carefully reviewed and selected from 38 submissions. The papers are organized in the following topical sections: organisational semiotics: theory and application; digital business ecosystems and value networks; socially aware knowledge engineering; and business intelligence and analytics.

All over the world, efforts are being made to preserve landscapes facing fundamental change as a consequence of widespread agricultural intensification, land abandonment and urbanisation. The 'cultural landscape' and 'resilience' approaches have, until now, largely been viewed as distinct methods for understanding the effects of these dynamics and the ways in which they might be adapted or managed. This book brings together these two perspectives, providing new insights into the social-ecological resilience of cultural landscapes by coming to terms with, and challenging, the concepts of 'driving forces', 'thresholds', 'adaptive cycles' and 'adaptive management'. By linking these research communities, this book develops a new perspective on landscape changes. Based on firm conceptual contributions and rich case studies from Europe, the Americas and Australia, it will appeal to anyone interested in

analysing and managing change in human-shaped environments in the context of sustainability.

This book brings together recent research related to urban resilience, in particular, taking into account climate change impacts and hydrological hazards. Due to the complexity of our cities, which are vulnerable and continuously evolving systems, urban resilience should be considered as a transversal and multi-sectorial issue, affecting different urban services, several hazards, and all the steps of the risk management cycle. Within this context, the different pieces of research that form this book deal with the topics of multi-risk and urban resilience assessment, analysis of cascading effects, and the proposal and prioritization of adaptation measures and strategies to cope with climate-related hazards through multi-criteria analysis.

Africa is home to many of the world's fastest-growing economies. This powerful book traces new continental institutions for development and their capacity to affect economic growth, regional integration, and international cooperation in Africa. It also assesses Africa's ability to achieve the Sustainable Development Goals and the African Union's Agenda 2063. As the continent's most ambitious development initiative since independence, the African Union Development Agency (or AUDA, previously known as the New Partnership for Africa's

Development or NEPAD) provides an excellent case study for examining how an African-based, continent-wide development institution emerged. Inspired by the ideas of Pan-Africanism and the African Renaissance, NEPAD was created to bring Africa into the globalizing world, to close the gap between developing and developed countries, to enhance economic growth, and to eradicate poverty. Almost two decades after NEPAD's creation and it was given its transformation into AUDA, this brilliant book examines its role in achieving these goals. Adaptation Urbanism and Resilient Communities outlines and explains adaptation urbanism as a theoretical framework for understanding and evaluating resilience projects in cities and relates it to pressing contemporary policy issues related to urban climate change mitigation and adaptation. Through a series of detailed case studies, this book uncovers the promise and tensions of a new wave of resilient communities in Europe (Copenhagen, Rotterdam, and London), and the United States (New Orleans and South Florida). In addition, best practice projects in Amsterdam, Barcelona, Delft, Utrecht, and Vancouver are examined. The authors highlight how these communities are reinventing the role of streets and connecting public spaces in adapting to and mitigating climate change through green/blue infrastructure planning, maintaining and enhancing sustainable transportation options, and struggling to ensure equitable

development for all residents. The case studies demonstrate that while there are some more universal aspects to encouraging adaptation urbanism, there are also important local characteristics that need to be both acknowledged and celebrated to help local communities thrive in the era of climate change. The book also provides key policy lessons and a roadmap for future research in adaptation urbanism. Advancing resilience policy discourse through multidisciplinary framework this work will be of great interest to students of urban planning, geography, transportation, landscape architecture, and environmental studies, as well as resilience practitioners around the world.

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