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KEY=EXCESS - WELLS RANDALL

Temptation Finding Self-Control in an Age of Excess *Penguin* " This elegantly written and useful book . . . describes how, for millennia, human beings have struggled to rein in desire." -USA Today At a time when the fallout from reckless spending and unrestrained consumption is fueling a national malaise, Daniel Akst delivers a witty and comprehensive investigation of the central problem of our time: how to save ourselves from what we want. Temptation reminds us that while more calories, sex, and intoxicants are readily available than ever before, crucial social constraints have eroded, creating a world that sorely tests the limits of human willpower. Referencing history, literature, psychology, philosophy, and economics, Akst draws a vivid picture of the many-sided problem of desire-and delivers a blueprint for how we can steer shrewdly away from a campaign of self-destruction. **We Have Met the Enemy self-control in an age of excess** *Scribe Publications* How do you save yourself from your destructive desires? All this freedom is making us ill. Perhaps half of all deaths are caused by overeating, smoking, drinking too much, failing to exercise, and other behaviours we indulge in against our better judgement. Why do so many of us embark knowingly on the long march to slow-motion suicide? In this brilliant and irreverent search for answers, Daniel Akst delves deep into overconsumption, overspending, procrastination, expletive-laden anger, promiscuity, and most of the other homely transgressions that bedevil us in a world of freedom, prosperity, and technological empowerment. He draws a vivid picture of the many-sided problem of desire — and delivers a blueprint for how we can steer more directly toward the wants we most want for ourselves. **We Have Met the Enemy Self-control in an Age of Excess** A witty and wide-ranging investigation of the central problem of our time: how to save ourselves from what we want. This is journalist Akst's irreverent search for answers, delving into overeating, overspending, procrastination, anger, addiction, wayward sexual attraction and most of the other homely transgressions that bedevil us daily in a world of freedom, prosperity and technological empowerment. Akst ransacks history, literature, psychology, philosophy and economics to alarm, teach, empower and, at the very least, entertain. Using self-control as a lens rather than a cudgel, he draws a vivid picture of the many-sided problem of desire--and delivers a blueprint for how we can steer shrewdly toward the wants we most want for ourselves. At stake is not just our health but our humanity, for what could make us more fully human than the ability to set aside impulse when we choose to do so?--From publisher description. **The Joy of Missing Out The Art of Self-Restraint in an Age of Excess** *John Wiley & Sons* 'Because you're worth it', proclaims the classic cosmetics ad. 'Just do it!' implores the global sports retailer. Everywhere we turn, we are constantly encouraged to experience as much as possible, for as long as possible, in as many ways as possible. FOMO - Fear of Missing Out - has become a central preoccupation in a world fixated on the never-ending pursuit of gratification and self-fulfilment. But this pursuit can become a treadmill leading nowhere. How can we break out of it? In this refreshing book, bestselling Danish philosopher and psychologist Svend Brinkmann reveals the many virtues of missing out on the constant choices and temptations that dominate our experience-obsessed consumer society. By cultivating self-restraint and celebrating moderation we can develop a more fulfilling way of living that enriches ourselves and our fellow humans and protects the planet we all share - in short, we can discover the joy of missing out. **Studies On Homer and the Homeric Age Volume 2** *BoD - Books on Demand* Reproduction of the original: *Studies On Homer and the Homeric Age* by W.E Gladstone **Choices in Financing Health Care and Old Age Security Proceedings of a Conference Sponsored by the Institute of Policy Studies, Singapore, and the World Bank, November 8, 1997** *World Bank Publications* In November 1997 the World Bank and Singapore's Institute of Policy Studies sponsored a conference, "Financing Health Care and Old Age Security", to assess and identify potential solutions to these concerns. It addressed a topic of concern to nearly every country, developing and industrial, that is, how to deal with the implications of financing medical care and income security for rapidly aging populations. The issues identified and the solutions proposed can provide insight and guidance for policymakers, researchers, and others interested in addressing these challenges now. Of special interest are the contributors' analyses of Singapore's unique, integrated approach to managing social risk, which is based on mandatory individual savings accounts. **SUMMARY - The Joy Of Missing Out: The Art Of Self-Restraint In An Age Of Excess By Svend Brinkmann** *Shortcut Edition* * Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. By reading this summary, you will learn how to control your addiction to new technologies and consumer society by mastering the art of moderation. You will also learn : why you are probably more and more frustrated in your current life; why getting everything you hope for won't make you happier; ancient techniques from ancient times to better control yourself; how to make better decisions; how to be happier! The music band Daft Punk is famous for its title "Harder, Better, Faster, Stronger". Indeed, this maxim seems to sum up all the aspirations of modern society. To be fast, efficient and productive, whether at work or in one's private life, has become a constant requirement. New technologies make this even worse, and it is becoming increasingly difficult to know where to start. This

evolution is generating a very specific fear: the fear of missing something or FOMO ("Fear of Missing Out"). It is developing more and more, bringing with it frustrations, misunderstandings and jealousies. In the end, it leads to unhappiness. To counter this fear, there is only one solution: to relearn the virtues of moderation. The objective is to develop the JOMO ("Joy of Missing Out"): the joy of missing something. Will you succeed? *Buy now the summary of this book for the modest price of a cup of coffee!

Age and Identity in Eighteenth-Century England *Routledge* Yallop looks at how people in eighteenth-century England understood and dealt with growing older. Though no word for 'aging' existed at this time, a person's age was a significant aspect of their identity.

Disposal of Surplus and Excess Property Abroad Hearings ... Eighty-ninth Congress, Second Session. May 3, 6, 18, 1966 Radiation Control in the State of New York Donable Surplus Property Program Hearings, Eighty-ninth Congress, First Session Disposal of Surplus and Excess Property Abroad Hearings Before the Subcommittee on Foreign Aid Expenditures...89-2, May 3, 6, 18, 1966 The Homer and the Homeric Age (Vol. 1-3) *e-artnow* Studies on Homer and the Homeric Age are a comprehensive 3-volume work that features the history of the ancient Greek literature, focusing on the Homeric Question – concerning by whom, when, where and under what circumstances the Iliad and Odyssey, its foundational works, were composed. Contents: Prolegomena: On the State of the Homeric Question The Place of Homer in Classical Education On the Historic Aims of Homer On the Probable Date of Homer The Probable Trustworthiness of the Text of Homer Place and Authority of Homer in Historical Inquiry Achæis - Ethnology of the Greek Races: Scope of the Inquiry On the Pelasgians, and Cognate Races The Pelasgians: and Certain States Naturalized or Akin to Greece On the Phœnicians and the Outer Geography of the Odyssey On the Catalogue On the Hellenes of Homer On the Respective Contributions of the Pelasgian and Hellenic Factors to the Compound of the Greek Nation On the Three Greater Homeric Appellatives On the Homeric Title of Ἄναξ Ἀνδρῶν On the Connection of the Hellenes and Achæans With the East Olympus or the Religion of the Homeric Age: On the Mixed Character of the Supernatural System, or Theo-mythology of Homer The Traditive Element of the Homeric Theo-mythology The Inventive Element of the Homeric Theo-mythology The Composition of the Olympian Court; and the Classification of the Whole Supernatural Order in Homer The Olympian Community and Its Members Considered in Themselves The Olympian Community and Its Members Considered in Their Influence on Human Society and Conduct On the Traces of an Origin Abroad for the Olympian Religion The Morals of the Homeric Age Woman in the Heroic Age The Office of the Homeric Poems in Relation to That of the Early Books of Holy Scripture Agorè: Politics of the Homeric Age Ilios: Trojans and Greeks Compared Thalassa: The Outer Geography Aoidos: Some Points of the Poetry of Homer

Journal The Disorders Specialty Articles from the Encyclopedia of Mental Health *Elsevier* The Disorders is a derivative volume of articles pulled from the award-winning Encyclopedia of Mental Health, providing A-to-Z coverage of the many disorders afflicting mental health patients, including alcohol problems, Alzheimer's disease, depression, epilepsy, gambling, obsessive-compulsive disorder, phobias, and suicide. According to 1990 estimates, mental disorders represent five of the ten leading causes of disability.* Among "developed" nations, including the United States, major depression is the leading cause of disability. Also near the top of these rankings are bipolar depression, alcohol dependence, schizophrenia, and obsessive-compulsive disorder. In addition, mental disorders are tragic contributors to mortality, with suicide perennially representing one of the leading preventable causes of death worldwide. The Disorders presents a comprehensive overview of the disorders afflicting mental health patients. It describes the impact of mental health on the individual and society and illustrates the factors that aid positive mental health. Thirty-five peer-reviewed articles written by more than 50 expert authors include essential material on specific disorders affecting modern society. Professionals and libraries will find this timely work indispensable.

Sex and Drugs Before Rock 'n' Roll Youth Culture and Masculinity During Holland's Golden Age *Amsterdam University Press* Sex and Drugs Before the Rock 'n' Roll is a fascinating volume that presents an engaging overview of what it was like to be young and male in the Dutch Golden Age. Here, well-known cohorts of Rembrandt are examined for the ways in which they expressed themselves by defying conservative values and norms. This study reveals how these young men rebelled, breaking from previous generations: letting their hair grow long, wearing colorful clothing, drinking excessively, challenging city guards, being promiscuous, smoking, and singing lewd songs. Cogently argued, this study paints a compelling portrait of the youth culture of the Dutch Golden Age, at a time when the rising popularity of print made dissemination of new cultural ideas possible, while rising incomes and liberal attitudes created a generation of men behaving badly.

Handbook of Pediatric and Adolescent Obesity Treatment *Routledge* This volume brings together behavioral, medical, and public health approaches and provides the knowledge necessary for a wide range of practitioners to effectively address the current obesity epidemic among children and adolescents. The book addresses several themes in pediatric and adolescent obesity. Experts in the field discuss the prevalence, etiology, and sequelae of pediatric and adolescent obesity, as well as the medical and behavioral assessment of the overweight child, adolescent, and family. The book offers a comprehensive understanding of the wide range of approaches to pediatric and adolescent obesity treatment, in order to promote an individualized approach that will best fit the patient and family.

Diabetes Care Willpower Rediscovering Our Greatest Strength *Penguin UK* Can you resist everything except temptation? In a hedonistic age full of distractions, it's hard to possess willpower - or in fact even understand why we should need it. Yet it's actually the most important factor in achieving success and a happy life, shown to be more significant than money, looks, background or intelligence. This book reveals the secrets of self-control. For years the old-fashioned, even Victorian, value of willpower has been disparaged by psychologists who argued that we're largely driven by unconscious forces beyond our control. Here Roy Baumeister, one of the world's most esteemed and influential psychologists, and journalist John Tierney, turn this notion on its head. They show us that willpower is like a muscle that can be strengthened with practice. The latest laboratory work reveals that self-control has a physical basis and so is dramatically affected by simple things such as eating and sleeping - to the extent that a life-changing decision may go in different directions depending on whether it's made before or after lunch. You will discover how babies can be taught willpower, the joys of the to-do list, the success of Alcoholics Anonymous, the pointlessness of diets and the secrets to David Blaine's stunts. There are also fascinating personal stories, from explorers, students, soldiers, ex-addicts and parents. Based on years of psychological research and filled with practical advice, this book will teach you how to gain from self-control without pain, and discover the very real power in willpower. The results are nothing short of life-changing.

The Culture of Excess How America Lost Self-control and why We Need to Redefine Success *ABC-CLIO* In the wake of the 2008-2009 economic recession, this revealing

work offers a psychological explanation of how we as a nation grapple with self-control and how we can develop a new and healthier generation. * Numerous vignettes and case studies illustrate the major themes of the book * Dozens of research citations at the end of each chapter * An extensive bibliography referencing 75 professional journals and 48 books * A comprehensive index **Age Does Not Define Me I Do!** *Xlibris Corporation* Looking at my daughter's wedding photographs five years ago, I noticed a matronly woman on the cusp of entering middle age. I have no intention of ending up looking like my mother or grandmother at that age, plump, not necessarily obese, was the order of the day. I decided to adopt the health, rather than weight control approach, and with my own philosophy in addressing image, weight and confidence issues, that afflict many. I hope by sharing my experiences with others will motivate them to take control of who they want and can be. When my mother died relatively young of a terminal illness despite her general well-being and love of life, especially her Chinese opera performances and travelling with her friends, it was almost our steady family was shaken up. At the same time my two growing children were exhibiting all the adolescence and teenage growing pains. It forced me to take stock and made phenomenal changes to our lives to keep my family intact. The journey to bring them up in the best way I know how, ensued a learning experience invaluable in my understanding of relationship and how powerful it can be to change lives. **Sociological Abstracts** *CSA Sociological Abstracts* abstracts and indexes the international literature in sociology and related disciplines in the social and behavioral sciences. The database provides abstracts of journal articles and citations to book reviews drawn from over 1,800+ serials publications, and also provides abstracts of books, book chapters, dissertations, and conference papers. **The Kaleidoscope of Gender Prisms, Patterns, and Possibilities** *Pine Forge Press* This integrated, comprehensive text/reader is designed to present an accessible, timely, and stimulating introduction to the sociology of gender. It can be used as a text by itself or as a supplement to other materials in courses in Sociology of Gender and Introduction to Women's Studies. Articles have been selected (1) to creatively and clearly explicate what gender is and is not, and what it means to say that gender is socially constructed; (2) to untangle and clarify the intricate ways in which gender is embedded in and defined by other systems of difference and inequality such as race, social class, sexualities, and age; (3) to illustrate the complex variations and dynamics of gender across cultures. By organizing the book around a metaphor-the kaleidoscope--the articles are integrated throughout the text and tied together by text/introductions to each chapter. This makes the book more than a collection of articles; each article fits into the metaphor and its three themes: prisms, patterns, and possibilities. **The Handbook of Wellness Medicine** *Cambridge University Press* This book presents scientific wellness interventions to aid healthcare professionals helping people complete their journeys to full health. **Eating in the Age of Smartphones: The Good, the Bad, and the Neutral** *Frontiers Media SA* **Excessive Appetites A Psychological View of Addictions** *Wiley-Blackwell* In the years since its publication in the 1980s, Jim Orford's book has remained a key text in the field of addictions. This eagerly awaited new edition is a complete and comprehensive revision, which provides an up-to-date and authoritative account of core knowledge in the field, for students, academics, professionals and trainees in psychology, psychiatry, social work and related health disciplines. All those seeking an understanding of the nature and study of addictions will appreciate this outstanding book for its comprehensive coverage, from the origins and processes of addiction right through to the ways in which people overcome addictions, and the implications for interventions accounts of the different forms of addiction, including alcohol, tobacco and other drugs, gambling, eating and sex, enlightened by a common conceptual framework critical, authoritative and comprehensive review of the research literature, with a massive reference base (the large majority new to this edition) powerful psychological model of addictions, which challenges former models that are incomplete or inadequate From Reviews of the first edition: "Presents a consistent way of looking at excessive appetitive behaviour . . . Orford exhibits a wide range of scholarship and his book is a compendium of important research and ideas in the field of addictions." - *Social Science and Medicine* "As one would expect of someone with Orford's knowledge of the subject, the coverage of the various excessive behaviours is soundly based . . . presents a lucid and highly informative account of the major issues in the addictions. It can be highly recommended" - *British Journal of Addictions* "There is no question in my mind that this book deserves to be widely read and taken seriously both by clinicians and by those with a more theoretical interest." - *Behaviour Research and Therapy* "I like this book immensely, I would strongly recommend CPN teams to have a copy . . . I would recommend it to all course tutors, and especially field work supervisors. The book clearly has a wide appeal and should be on our bookshelves." - *Community Psychiatric Nursing Journal*. Orford's *Excessive Appetites* is in a class of its own . . . A direct challenge to both disease models of addiction and to simplistic social reaction models . . . bound to become a classic." - *New Society* "This really is a splendid book containing challenging and original ideas, argued cogently and authoritatively from data carefully assembled. It will surely be keenly sought by readers from a wide variety of disciplines." - *British Book News* **Environmental Health Perspectives Supplements Quality of Scientific Evidence in FDA Regulatory Decisions The Adoption of an Antismoking Warning in Oral Contraceptive Pill Labeling : Hearing Before a Subcommittee of the Committee on Government Operations, House of Representatives, Ninety-fifth Congress, Second Session, October 4, 1978** **LIFE IN THE HOMERIC AGE** **Modern Epidemiology** *Lippincott Williams & Wilkins* The thoroughly revised and updated Third Edition of the acclaimed *Modern Epidemiology* reflects both the conceptual development of this evolving science and the increasingly focal role that epidemiology plays in dealing with public health and medical problems. Coauthored by three leading epidemiologists, with sixteen additional contributors, this Third Edition is the most comprehensive and cohesive text on the principles and methods of epidemiologic research. The book covers a broad range of concepts and methods, such as basic measures of disease frequency and associations, study design, field methods, threats to validity, and assessing precision. It also covers advanced topics in data analysis such as Bayesian analysis, bias analysis, and hierarchical regression. Chapters examine specific areas of research such as disease surveillance, ecologic studies, social epidemiology, infectious disease epidemiology, genetic and molecular epidemiology, nutritional epidemiology, environmental epidemiology, reproductive epidemiology, and clinical epidemiology. **The Palgrave Handbook of Steam Age Gothic** *Springer Nature* By the early 1830s the old school of Gothic literature was exhausted. Late Romanticism, emphasising as it did the uncertainties of personality and imagination, gave it a new lease of life. Gothic—the literature of disturbance and uncertainty—now produced works that reflected domestic fears, sexual crimes, drug filled hallucinations, the terrible secrets of middle class marriage, imperial horror at alien invasion, occult demonism and the insanity of psychopaths. It was from the 1830s onwards that the old gothic castle gave way to the country house drawing room, the dungeon was

displaced by the sewers of the city and the villains of early novels became the familiar figures of Dr Jekyll and Mr Hyde, Dracula, Dorian Grey and Jack the Ripper. After the death of Prince Albert (1861), the Gothic became darker, more morbid, obsessed with demonic lovers, blood sucking ghouls, blood stained murderers and deranged doctors. Whilst the gothic architecture of the Houses of Parliament and the new Puginesque churches upheld a Victorian ideal of sobriety, Christianity and imperial destiny, Gothic literature filled these new spaces with a dread that spread like a plague to America, France, Germany and even Russia. From 1830 to 1914, the period covered by this volume, we saw the emergence of the greats of Gothic literature and the supernatural from Edgar Allan Poe to Emily Bronte, from Sheridan Le Fanu to Bram Stoker and Robert Louis Stevenson. Contributors also examine the fin-de-siècle dreamers of decadence such as Arthur Machen, M P Shiel and Vernon Lee and their obsession with the occult, folklore, spiritualism, revenants, ghostly apparitions and cosmic annihilation. This volume explores the period through the prism of architectural history, urban studies, feminism, 'hauntology' and much more. 'Horror', as Poe teaches us, 'is the soul of the plot'.

Parenting Matters Supporting Parents of Children Ages 0-8 *National Academies Press* Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Search for the Causes of Schizophrenia Volume II *Springer Science & Business Media* H. HAFNER and W. F. GATTAZ Between 1891 and 1955, three founders of modern psychiatry, Emil Kraepelin (1856-1926), Karl Jaspers (1883-1969) and Kurt Schneider (1887-1967) lectured at the University of Heidelberg: Kraepelin for 12 years, Jaspers for over 25 years and Schneider for approximately 10 years. During this period they laid the foundations of descriptive psychopathology and modern classification and contributed essentially to the development of our current thinking on schizophrenia. In 1986, on the occasion of the 600th anniversary of the University of Heidelberg, we held a symposium in memory of these three "giants of psychiatry" for which we chose the title "Search for the Causes of Schizophrenia". It was jointly organized by the Central Institute of Mental Health in Mannheim and the Department of Psychiatry of the University of Heidelberg. The intention was to meet one of the major challenges of current psychiatric research, namely the fact that since Kraepelin's masterly description of "Dementia praecox" (1894) and E. Bleuler's slightly different definition of schizophrenia (1911), we have made only insufficient advances in clarifying the aetiology of this frequent and still often disabling mental disease.

Screening Images of American Masculinity in the Age of Postfeminism *Rowman & Littlefield* This collection of essays presents a sampling of film and television texts, interrogating images of U.S. masculinity. Rather than using "postfeminist" as a definition of contemporary feminism, this collection uses the term to designate the period from the late 1980s on—as a point when feminist thought gradually became more mainstream. The movies and TV series examined here have achieved a level of sustained attention, from critical acclaim, to mass appeal, to cult status. Instead of beginning with a set hypothesis on the effect of the feminist movement on images of masculinity on film and television, these chapters represent a range of responses, that demonstrate how the conversations within these texts about American masculinity are often open-ended, allowing both male characters and male viewers a wider range of options. Defining the relationship between U.S. masculinity and American feminist movements of the twentieth century is a complex undertaking. The essays collected for this volume engage prominent film and television texts that directly interrogate images of U.S. masculinity that have appeared since second-wave feminism. The contributors have chosen textual examples whose protagonists actively struggle with the conflicting messages about masculinity. These protagonists are more often works-in-progress, acknowledging the limits of their negotiations and self-actualization. These chapters also cover a wide range of genres and decades: from action and fantasy to dramas and romantic comedy, from the late 1970s to today. Taken together, the chapters of Screening Images of American Masculinity in the Age of Postfeminism interrogate "the possible" screened in popular movies and television series, confronting the multiple and competing visions of masculinity not after or beyond feminism but, rather, in its very wake.

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Management in the Information Age Initiatives and Impacts *New India Publishing* The book has been divided into the 5 major sections covering the following: Section I: Covers on the articles focused towards the major themes of strengthening Technology Application and Delivery systems, ICT, BLESS, NRM and women empowerment.

Immunology Clinical Case Studies and Disease Pathophysiology *John Wiley & Sons* 26 real-life cases illustrate the applications of basic immunology in clinical settings May be utilized alone or as a companion to Immunology: A Short Course, 7th Edition by Richard Coico and Geoffry Sunshine (ISBN 9781118396919) Each case study is introduced by clearly written descriptions of the major immunological disorders Full colour photographs and illustrations complement complete presentation of real data Includes complete set of problems and discussion questions for each chapter

A Cultural History of the Emotions in the Baroque and Enlightenment Age *Bloomsbury Publishing* During the period of the Baroque and Enlightenment the word "emotion", denoting passions and feelings, came into usage, albeit in an irregular fashion.

“Emotion” ultimately emerged as a term in its own right, and evolved in English from meaning physical agitation to describe mental feeling. However, the older terminology of “passions” and “affections” continued as the dominant discourse structuring thinking about feeling and its wider religious, political, social, economic, and moral imperatives. The emotional cultures described in these essays enable some comparative discussion about the history of emotions, and particularly the causes and consequences of emotional change in the larger cultural contexts of the Baroque and Enlightenment. Emotions research has enabled a rethinking of dominant narratives of the period-of histories of revolution, state-building, the rise of the public sphere, religious and scientific transformation, and more. As a new and dynamic field, the essays here are just the beginning of a much bigger history of emotions. **Commemorative Issue: 15 years of the Sleep Medicine Clinics Part 1: Sleep and Sleep Disorders, An Issue of Sleep Medicine Clinics, E-Book Elsevier Health Sciences Commemorative Issue: 15 years of the Sleep Medicine Clinics Part 1: Sleep and Sleep Disorders, An Issue of Sleep Medicine Clinics, E-Book The Five-year Outlook**