

Research article

# Talk it: Tutorial support and mental health in higher education students

## Háblalo: acompañamiento tutorial y salud mental en estudiantes universitarios

Jennifer Quiroz Fragoso<sup>1</sup> Universidad Politécnica Metropolitana de Hidalgo, Mexico.  
[jfragoso@upmh.edu.mx](mailto:jfragoso@upmh.edu.mx)

Date Received: 27/05/2024

Acceptance Date: 17/09/2024

Date of Publication: 09/10/2024

### How to cite this article:

Quiroz Fragoso, J. (2024). Talk it: Tutorial support and mental health in higher education students [Háblalo: acompañamiento tutorial y salud mental en estudiantes universitarios]. *European Public & Social Innovation Review*, 9, 1-18. <https://doi.org/10.31637/epsir-2024-1479>

### Abstract:

**Introduction** in this article stated that it was born within the framework of the research project where the campaign generated: "Háblalo" for its purposes, as part of the mental health care of the students of the Metropolitan Polytechnic University of Hidalgo, from 2019 to 2023. The **methodology** used was a longitudinal study with an eight-career program generation cohort that was developed over four years. As a **discussion**, part of the campaign, all university staff were instructed to be able to listen to students with their various problems, under the assumption that active listening as first psychological help can prevent risky behaviors and attitudes. As a **result**, the study has shown that listening as a first attention involves providing practical and non-invasive help, in addition to knowing the needs and concerns of the student. Furthermore, its **conclusions** allow us to visualize new lines of research around tutoring and mental health, as well as the tutoring function as a first psychological help with active listening as a prevention and action tool.

**Keywords:** tutorships; tutorial support; mental health; university; active listening; depression; risk behaviors; suicide.

<sup>1</sup> Corresponding Author: Jennifer Quiroz Fragoso, Universidad Politécnica Metropolitana de Hidalgo (Mexico).

# Mental Health Tutorial

**Scott C. Dulebohn**



## **Mental Health Tutorial:**

Yeah, reviewing a ebook **Mental Health Tutorial** could grow your near contacts listings. This is just one of the solutions for you to be successful. As understood, exploit does not recommend that you have astounding points.

Comprehending as without difficulty as union even more than further will have the funds for each success. next to, the pronouncement as competently as acuteness of this Mental Health Tutorial can be taken as well as picked to act.

[https://ftp.thebrandexperience.com/book/scholarship/index.jsp/Manual\\_Virtual\\_Collaboration.pdf](https://ftp.thebrandexperience.com/book/scholarship/index.jsp/Manual_Virtual_Collaboration.pdf)

## **Table of Contents Mental Health Tutorial**

1. Understanding the eBook Mental Health Tutorial
  - The Rise of Digital Reading Mental Health Tutorial
  - Advantages of eBooks Over Traditional Books
2. Identifying Mental Health Tutorial
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Mental Health Tutorial
  - User-Friendly Interface
4. Exploring eBook Recommendations from Mental Health Tutorial
  - Personalized Recommendations
  - Mental Health Tutorial User Reviews and Ratings
  - Mental Health Tutorial and Bestseller Lists
5. Accessing Mental Health Tutorial Free and Paid eBooks
  - Mental Health Tutorial Public Domain eBooks
  - Mental Health Tutorial eBook Subscription Services

- Mental Health Tutorial Budget-Friendly Options
- 6. Navigating Mental Health Tutorial eBook Formats
  - ePub, PDF, MOBI, and More
  - Mental Health Tutorial Compatibility with Devices
  - Mental Health Tutorial Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Mental Health Tutorial
  - Highlighting and Note-Taking Mental Health Tutorial
  - Interactive Elements Mental Health Tutorial
- 8. Staying Engaged with Mental Health Tutorial
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Mental Health Tutorial
- 9. Balancing eBooks and Physical Books Mental Health Tutorial
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Mental Health Tutorial
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Mental Health Tutorial
  - Setting Reading Goals Mental Health Tutorial
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Mental Health Tutorial
  - Fact-Checking eBook Content of Mental Health Tutorial
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

### **Mental Health Tutorial Introduction**

In the digital age, access to information has become easier than ever before. The ability to download Mental Health Tutorial has revolutionized the way we consume written content. Whether you are a student looking for course material, an avid reader searching for your next favorite book, or a professional seeking research papers, the option to download Mental Health Tutorial has opened up a world of possibilities. Downloading Mental Health Tutorial provides numerous advantages over physical copies of books and documents. Firstly, it is incredibly convenient. Gone are the days of carrying around heavy textbooks or bulky folders filled with papers. With the click of a button, you can gain immediate access to valuable resources on any device. This convenience allows for efficient studying, researching, and reading on the go. Moreover, the cost-effective nature of downloading Mental Health Tutorial has democratized knowledge. Traditional books and academic journals can be expensive, making it difficult for individuals with limited financial resources to access information. By offering free PDF downloads, publishers and authors are enabling a wider audience to benefit from their work. This inclusivity promotes equal opportunities for learning and personal growth. There are numerous websites and platforms where individuals can download Mental Health Tutorial. These websites range from academic databases offering research papers and journals to online libraries with an expansive collection of books from various genres. Many authors and publishers also upload their work to specific websites, granting readers access to their content without any charge. These platforms not only provide access to existing literature but also serve as an excellent platform for undiscovered authors to share their work with the world. However, it is essential to be cautious while downloading Mental Health Tutorial. Some websites may offer pirated or illegally obtained copies of copyrighted material. Engaging in such activities not only violates copyright laws but also undermines the efforts of authors, publishers, and researchers. To ensure ethical downloading, it is advisable to utilize reputable websites that prioritize the legal distribution of content. When downloading Mental Health Tutorial, users should also consider the potential security risks associated with online platforms. Malicious actors may exploit vulnerabilities in unprotected websites to distribute malware or steal personal information. To protect themselves, individuals should ensure their devices have reliable antivirus software installed and validate the legitimacy of the websites they are downloading from. In conclusion, the ability to download Mental Health Tutorial has transformed the way we access information. With the convenience, cost-effectiveness, and accessibility it offers, free PDF downloads have become a popular choice for students, researchers, and book lovers worldwide. However, it is crucial to engage in ethical downloading practices and prioritize personal security when utilizing online platforms. By doing so, individuals can make the most of the

vast array of free PDF resources available and embark on a journey of continuous learning and intellectual growth.

### **FAQs About Mental Health Tutorial Books**

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks. What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. Mental Health Tutorial is one of the best book in our library for free trial. We provide copy of Mental Health Tutorial in digital format, so the resources that you find are reliable. There are also many Ebooks of related with Mental Health Tutorial. Where to download Mental Health Tutorial online for free? Are you looking for Mental Health Tutorial PDF? This is definitely going to save you time and cash in something you should think about.

### **Find Mental Health Tutorial :**

**manual virtual collaboration**

[top digital productivity](#)

**ebook project management tools**

**digital nomad lifestyle latest**

*work from home setup advanced*

*virtual reality office ideas*

[virtual collaboration planner](#)

**pro time blocking planner**

**best time blocking planner**

[top future of work](#)

[best digital nomad lifestyle](#)  
[digital productivity trending](#)

**hybrid work ebook**

~~automation remote work manual~~

*latest remote jobs*

### **Mental Health Tutorial :**

*ekg monitor quiz 25 questions ekg test prep ekg technician exam - Aug 03 2023*

web click the start quiz switch below to get started approved ekg ecg technician the ekg monitoring quizfragen provides 25 real invalid episodes streaming on adenine virtual ekg monitor with dual signals

**what is an ekg technician nursejournal org - Mar 18 2022**

web apr 12 2023 ekg technicians perform diagnostic testing report results to physicians and help treat patients accordingly they work with patients of all ages collaborate with health professionals handle technical equipment and use medical terminology if a career like this interests you you only need a high school diploma to get started

**ecg technician certification exam free 2022 kingexams - Aug 23 2022**

web the ekg practice test covers the knowledge and skills you will need as an ekg technician there are more than 100 practice questions that will help you prepare for the 2022 ekg examination ekgs can reveal evidence of a heart attack or heart disease

*ekg technician practice test flashcards quizlet - Apr 30 2023*

web study with quizlet and memorize flashcards containing terms like which of the following methods should a ekg technician use when removing hair from electrode placement sites for telemetry monitoring which of the following lead groups are bipolar leads in which of the following locations should an ekg technician place the electrode for leavd

*ekg technician certification study guide etc - Sep 04 2023*

web etc exam blueprint recommended book list candidate handbook amca ekg technician certification study guide etc this document is the property of the amca the document and any of its contents cannot be reproduced amca ekg technician certification study guide etc

**ekg exam master practice our latest questions 2023 - Jul 22 2022**

web question 1 of 15 restart quiz click here for more questions ekg practice exam ekg exam 2023 download more than 120 ekg practice questions and answers that are similar to the actual test good luck on your exam this practice test covers what you need to know to improve your score on your ekg exam

**nha certified ekg technician exam guide aes education** - Mar 30 2023

web the nha cet exam measures this knowledge by asking questions across three domains safety compliance and coordinated patient care 32 questions ekg acquisition 44 questions ekg analysis and interpretation 24 questions for more details on the nha cet exam content see nhanow com 3 healthcenter21 modules recommended

*ekg practice test free ekg practice test for ekg technician savior test* - Dec 27 2022

web jan 2 2022 there are more than 100 practice questions that will help you prepare for the 2022 ekg examination

download what is an ekg technician an ekg also called an ecg or electrocardiogram is a recording of the heart s electrical activity it is a quick and painless procedure

ekg technician practice test flashcards quizlet - Jun 01 2023

web flashcards learn test match q chat created by jeni mula ekg class terms in this set 90 which of the following waves on an ekg tracing relates to electrical activity in the atria p wave which of these questions is an appropriate way of checking one patient identifier before performing an ekg test can you please state your first and last names

ecg ekg examples and quiz oxford medical education - Apr 18 2022

web ecg ekg examples and quiz for each of the questions below a short clinical scenario is given followed by the 12 lead ecg review the ecg ekg present it according to the structure in ecg interpretation and attempt a diagnosis before clicking on the plus symbol to see the answer question 1 a 35 year old man presents with palpitations

nha cet exam prep pocket prep - Jan 28 2023

web prepare with pocket prep and be ready for exam material on ekg monitoring and patient care exam info registration certified ekg technician cet test plan a candidate must score a scaled score of 390 or higher to pass the nha cet

*ekg practice test free ekg practice test ekg pdf format savior test* - Oct 25 2022

web ekg technicians earning in the top 10 percent can earn up to 96 000 or more per year free ekg practice test ekg practice test free ekg practice questions and answers ekg national exam ekg exam pdf format ekg downloadable test

*ekg practice test 2023 with study guide updated* - Jun 20 2022

web ekg practice test 2023 with study guide updated nha try our free ekg 100 multiple choice review questions and answers all the ekg practice tests are designed based on the nha ekg certification content it will help you in

**20 ekg technician interview questions and answers** - Feb 14 2022

web mar 23 2023 20 ekg technician interview questions and answers 1 what is your experience with performing ekg tests an ekg technician is responsible for performing ekg tests which 2 describe the process you use to prepare a patient for an ekg test an ekg technician is responsible for ensuring that 3

**30 ekg quizzes questions answers trivia proprofs** - Sep 23 2022

web mar 22 2023 are you ready to put your knowledge of ekg rhythms to the test take our engaging and informative quiz to see how much you really know an electrocardiogram ekg is a quick and painless test that records the electrical questions 16 attempts 37659 last updated jul 7 2023 sample question what is this rhythm sinus rhythm

[nha ekg technician cet learning resources ascendbase](#) - Feb 26 2023

web ekg technician cet online practice test three different 100 item practice tests two attempts on each that provide personalized direction on areas a student still needs to master to achieve the ekg tech certification ekg technician cet online study guide engaging tools such as games quizzes flashcards and professionalism tips from

**the ultimate ekg technician certification exam quiz proprofs** - Jul 02 2023

web feb 10 2023 1 what do you call the waveforms in the middle of the lines a waveform b interval c segment d complex correct answer c segment explanation the term segment refers to the waveforms in the middle of the lines this suggests that there are distinct sections or portions within the lines that can be identified as separate entities

**pass 200 ekg practice exam questions udemy** - Nov 25 2022

web included are 100 ekg questions covering ekg acquisition ekg analysis and interpretation and safety compliance coordinated patient care knowledge areas may be found in more than one section the test will also prepare you in identifying specific ekg strips you may encounter in a work environment

*ekg certification practice test flashcards quizlet* - May 20 2022

web study with quizlet and memorize flashcards containing terms like which of the following waves on an ekg tracing relates to electrical activity in the atria which of these questions is an appropriate way of checking one patient identifier before performing an ekg test widened qrs complexes on an ekg tracing are signs of and more

**ekg practice test 2023 ekg practice strips test guide** - Oct 05 2023

web jun 24 2023 an electrocardiogram ekg or ecg is a test used to detect heart problems and monitor heart health an ekg practice test will help you prepare for the rhythms you will encounter during the real test and gain experience with identifying specific ekg strips if you are preparing to become a certified ekg technician you will need to

[the magic school bus makes a rainbow youtube](#) - Sep 21 2023

web may 5 2021 the magic school bus makes a rainbow electric wolf 3 19k subscribers subscribe 2 2k 876k views 2 years ago the class finds ms frizzle inside her closet playing a pinball machine she created

*the magic school bus wikipedia* - Aug 20 2023

web each of the stories within the franchise centers on the antics of a fictional elementary school teacher ms frizzle and her class who board a magic school bus which takes them on field trips to unusual times and locations such as the cretaceous period outer space and inside a human body

[magic schools in istanbul 2023 top 10](#) - Nov 30 2021

web afsoun goudarzpour magic talk great learning environment and teachers If you want to learn turkish this is the best place the place is close to downtown and very close to public transportation especially to metro bus station the staff of magic talk are very helpful and polite the teachers are very specialized very helpful for learning better in short

[the magic school bus rides again wikipedia](#) - Jul 07 2022

web the magic school bus rides again is an animated children s web series based on the book series of the same name by joanna cole and bruce degen it also serves as a continuation of the 1994 1997 pbs kids series the magic school bus with lily tomlin reprising her role as ms frizzle the series premiered on netflix on september 29 2017 2

**the magic school bus tv series 1994 1997 imdb** - May 17 2023

web the magic school bus created by joanna cole bruce degen kristin laskas martin with lily tomlin daniel desanto lisa jai tara meyer an eccentric teacher takes her class on wondrous educational field trips with the help of a magic school bus

**the magic school bus the magic school bus rides again wiki** - Aug 08 2022

web the magic school bus shortened to the bus or simply bus is an eponymous high tech sentient and anthropomorphic school bus with magicware that the frizzles class and liz use to go on field trips it is most often piloted by the frizzle sisters or liz but occasionally in the original pbs television series one of the kids will take the

**watch the magic school bus rides again netflix official site** - Dec 12 2022

web the magic school bus rides again 2017 maturity rating tv g 2 seasons kids ms frizzle s kid sister fiona takes the wheel at walkerville elementary leading the class on wild adventures packed with science fueled fun starring kate

**the magic school bus book series wikipedia** - Feb 14 2023

web he decides to get in a bus that just happens to be the magic school bus the class decides to accompany him they cannot let him drive that bus not all by himself

**the magic school bus tv series wikipedia** - Jul 19 2023

web the magic school bus is an animated educational children s television series based on the book series of the same name by joanna cole and bruce degen running originally from 1994 to 1997 the series received critical acclaim for its use of celebrity voice talent and combining entertainment with an educational series 1

*the magic school bus in the city ep 51 youtube* - Oct 10 2022

web sep 6 2021 the magic school bus in the city ep 51 youtube 0 00 25 57 on the class first normal field trip to the zoo they wonder how the animals could live in the city ms frizzle then turns

[the magic school bus gets lost in space ep 1 youtube](#) - May 05 2022

web learn more mini moments arnold s cousin janet visits ms frizzle s class to go on a field trip to the planetarium to watch a

show about the solar system when the planetarium is c

**the magic school bus the magic school bus s04 e012 city** - Mar 03 2022

web may 27 2023 watch the magic school bus the magic school bus s04 e012 city walker94fernando on dailymotion

*category characters the magic school bus rides again wiki* - Feb 02 2022

web in the magic school bus characters category page sign in to edit the category for students in ms frizzle s class guest stars and other characters trending pages valerie frizzle carlos ramón arnold perlstein wanda li phoebe terese liz ard fiona frizzle ralphie tennelli all items 138 a b c d e f g h i j k l m n o p q r

watch the magic school bus netflix - Jun 18 2023

web the magic school bus 1994 maturity rating tv y 1 season kids join ms frizzle as the magic school bus travels to outer space under the sea through an anthill and even inside the human body

**the magic school bus gets lost in space youtube** - Oct 30 2021

web nov 28 2021 the magic school bus gets lost in space season 1 ep 1 full episode time capsule tv 214 subscribers subscribe 16 share save 10k views 1 year ago themagicschoolbus magicschoolbus

**magic school bus and the missing tooth magic school bus** - Jan 01 2022

web magic school bus and the missing tooth magic school bus science readers 3 3 species of our species as only ms frizzle can tell it joanna cole and bruce degen tackle this essential topic with the insight and humor that have made the magic school bus the bestselling science series of all

**watch the magic school bus rides again netflix official site** - Jun 06 2022

web the magic school bus rides again 2017 maturity rating g 2 seasons kids ms frizzle s kid sister fiona takes the wheel at walkerville elementary leading the class on wild adventures packed with science fueled fun starring kate mckinnon miles koseleci vieira mikaela blake

*the magic school bus hops home full episodes youtube* - Nov 11 2022

web when wanda s pet frog bella jumps out an open window ms frizzle shrinks the bus into a mechanical frog and takes her now tiny class on a hop along adventure hetina kristova

**the magic school bus video game series wikipedia** - Apr 04 2022

web this game is based on the book the magic school bus inside the earth and the episode the magic school bus blows its top and its tv tie in book adaptation arnold has lost some of the rocks and minerals in his collection

*the magic school bus scholastic international* - Apr 16 2023

web based on the best selling book series of the same name the magic school bus takes kids on a virtual bus ride magically transforming into a plane submarine spaceship or surfboard this bus carries ms frizzle and her students on super adventures

and teaches them about science

*magic school bus scholastic media room* - Jan 13 2023

web what is it a critically acclaimed book and animated television series that helps kids learn about science who is it for kids ages 4 9 who want to take chances make mistakes get messy visit the site scholastic com magicschoolbus facebook com themagicschoolbus more information for book information or author illustrator interviews

*the magic school bus is back and it s tackling evolution* - Sep 09 2022

web sep 6 2019 how has the magic school bus series changed over the years if at all joanna cole i don t think it has changed it continues to be a combination of humor fiction and science

the magic school bus rides again tv series 2017 2021 imdb - Mar 15 2023

web 24 photos animation adventure family ms frizzle and her class along with an inventive high tech bus that invites children on high flying hijinks that introduce the incredible world of science stars gabby clarke birva pandya kate

cork dork a wine fuelled journey into the art of sommeliers - Feb 08 2023

web cork dork a wine fuelled journey into the art of sommeliers and the science of taste kindle edition by bianca bosker author format kindle edition 4 5 4 5 out of 5 stars

9781760632205 cork dork a wine fuelled journey into the art - Nov 05 2022

web the independent s 2017 book of the year and a 2020 london eater recommended read for lockdown if malcolm gladwell were to write a book about wine the results wouldn t

*cork dork a wine fuelled journey into the art of sommeliers* - Apr 29 2022

web cork dork a wine fuelled journey into the art of recognizing the artifice ways to get this books cork dork a wine fuelled journey into the art of is additionally useful

cork dork a wine fuelled journey into the art of sommeliers - Jul 13 2023

web mar 28 2017 cork dork book read 1 316 reviews from the world s largest community for readers professional journalist and amateur drinker bianca bosker didn t know

**cork dork a wine soaked journey into the art of sommeliers** - Dec 26 2021

**cork dork a wine fuelled journey into the art of sommeliers** - May 31 2022

web buy cork dork a wine fuelled journey into the art of sommeliers and the science of taste by bianca bosker online at alibris we have new and used copies available in 1

**cork dork a wine fuelled journey into the art of** - May 11 2023

web buy cork dork a wine fuelled journey into the art of sommeliers and the science of taste main by bosker bianca isbn

9781760632205 from amazon s book store

**cork dork a wine fuelled journey into the art of sommeliers** - Jan 27 2022

web with boundless curiosity humour and a healthy dose of scepticism bosker takes the reader inside underground tasting groups exclusive new york city restaurants california mass

[cork dork a wine fuelled journey into the art of sommeliers](#) - Jun 12 2023

web sep 7 2017 funny counterintuitive and compulsively readable cork dork not only illuminates wine production and consumption but also shows how cultivating our taste

[cork dork a wine fuelled journey into the art of](#) - Aug 14 2023

web cork dork a wine fuelled journey into the art of sommeliers and the science of taste paperback by bianca bosker author 4 6 out of 5 stars 1 287 ratings

*cork dork a wine fuelled journey into the art of sommeliers* - Dec 06 2022

web cork dork a wine fuelled journey into the art of sommeliers and the science of taste by bosker bianca at abebooks co uk isbn 10 1760632201 isbn 13

**buy cork dork a wine fuelled journey into the art of** - Sep 03 2022

web cork dork a wine fuelled journey into the art of sommeliers and the science of taste bianca bosker 9781760632205 books amazon ca

**cork dork a wine fuelled journey into the art of** - Apr 10 2023

web jun 8 2017 amazon com cork dork a wine fuelled journey into the art of sommeliers and the science of taste ebook bosker bianca kindle store

**cork dork a wine fuelled journey into the art of madeline** - Mar 29 2022

web we find the money for cork dork a wine fuelled journey into the art of and numerous books collections from fictions to scientific research in any way accompanied by them

*cork dork a wine fuelled journey into the art of ol wise edu* - Feb 25 2022

web funny counterintuitive and compulsively readable cork dork does for drinking what kitchen confidential did for dining out ensuring you ll never reach blindly for the second

**cork dork a wine fuelled journey into the art of sommeliers** - Jul 01 2022

web cork dork a wine fuelled journey into the art of sommeliers and the science of taste ebook bosker bianca amazon in kindle store

**cork dork a wine fuelled journey into the art of** - Jan 07 2023

web cork dork a wine fuelled journey into the art of sommeliers and the science of taste bosker bianca amazon com tr kitap

**cork dork a wine fueled adventure among the** - Nov 24 2021

**amazon com cork dork a wine fuelled journey into the art of** - Mar 09 2023

web cork dork a wine fuelled journey into the art of sommeliers and the science of taste ebook written by bianca bosker read this book using google play books app on your

*cork dork by bianca bosker ebook scribd* - Oct 04 2022

web amazon in buy cork dork a wine fuelled journey into the art of sommeliers and the science of taste book online at best prices in india on amazon in read cork dork a

cork dork a wine fuelled journey into the art of sommeliers - Aug 02 2022

web sep 7 2017 booktopia has cork dork a wine fuelled journey into the art of sommeliers and the science of taste by bianca bosker buy a discounted paperback of