



Spotlight Tiktok Self Help Trend

Karen Freberg

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mindful engagement that can transform scrolling from mindless habit to a tool for positive change Step inside the world where culture technology and psychology collide and witness how 15 seconds can define an entire generation s inner landscape a world where digital therapy meets everyday life in surprisingly profound ways Applied Theatre and Gender Justice Lisa S. Brenner,Evelyn Diaz Cruz,2024-12-30 Applied Theatre and Gender Justice is a collection of essays highlighting the value and efficacy of using applied theatre to address gender in a broad range of settings identifying challenges and offering concrete best practices This book amplifies and shares lessons from practitioners and scholars who use performance to create models of collective solidarity building upon communities strengths toward advocating for justice and equity The book is divided into thematic sections comprising three essays addressing a range of questions about the challenges learning opportunities and benefits of applied theatre practices Further exploring the themes issues and ideas each section ends with a moderated roundtable discussion between the essays authors Part of the series Applied Theatre in Context Applied Theatre and Gender Justice this book is an accessible and valuable resource for theatre practitioners and the growing number of theatre companies with education and community engagement programs Additionally it provides essential reading for teachers and students in a myriad of fields education theatre civic engagement criminal justice sociology women and gender studies environmental studies disability studies and ethnicity and race studies Save Yourself Kelley Keehn,2025-12-30

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Social Media for Strategic Communication Karen Freberg, 2025-07-30 Social Media for Strategic Communication Creative Strategies and Research Based Applications teaches students the skills and principles needed to use social media in persuasive communication campaigns. Author Karen Freberg combines cutting edge research with practical hands on instruction to prepare students for the challenges of today's workplace. With an emphasis on strategic thinking and awareness, the book equips students to adapt their skills to emerging platforms and technologies. Its broad focus on strategic communication from PR, advertising and marketing to non profit advocacy provides a comprehensive foundation for success in diverse career paths. The Third Edition features a brand new chapter on social media and crisis communication, discussion of AI integrated in each chapter and new case studies in addition to updated coverage of changes to platforms, trends, strategies and emerging challenges across social media.

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