

Have You Filled A Bucket Today

Wie voll ist Ihr Eimer

Das sympathische Großvater-Enkel-Gespann Clifton/Rath zeigt, wie \"positive Psychologie\" unser Leben schon in den kleinsten alltäglichen Interaktionen dramatisch verändern kann. Aufbauend auf 50 Jahren intensiver Forschung veranschaulichen die Autoren mit der Metapher von Schöpfkelle und Eimer, wie man gezielt die positiven Erlebnisse in Beruf- und Privatleben verstärkt und die negativen auf ein Minimum reduziert. Schenkt man den Autoren Glauben, tragen wir alle einen Eimer mit uns herum, der mit positiven Erfahrungen, wie bspw. Anerkennung und Lob, gefüllt werden will. Behandeln wir andere wertschätzend und positiv, füllen wir damit nicht nur den Eimer unseres Gegenübers sondern auch unseren eigenen. Verhalten wir uns dagegen unfreundlich und negativ, schöpfen wir Positives aus den Eimern der entsprechenden Person und verringern so zugleich auch die eigene positive Energiebilanz. Das Ziel für ein erfolgreiches und harmonisches Miteinander sollte es sein, die Eimer der Mitmenschen und damit auch den eigenen kontinuierlich zum Überlaufen zu bringen.

Ich brauche mein Monster

Nick, das Monster, das jede Nacht unter dem Bett des kleinen Jungen lauert, hat sich für eine Woche abgemeldet. Was nun? Ohne sein Monster kann der Junge nicht schlafen. Der Reihe nach versuchen Ersatzmonster ihr Glück, wirklich überzeugen kann keines von ihnen. Ab 5.

Die Heimkehr der Farben

Er ist ein Idiot. Er ist ein Genie. Er ist ein Ereignis. Dieser Mensch verändert das Leben aller Menschen, die das Glück haben, ihm zu begegnen. Sein Name ist Forrest Gump. Dies ist die warmherzige, tief berührende Geschichte eines gutmütigen Mannes aus Alabama, der einen Orden für seine Tapferkeit im Vietnamkrieg erhält und den Präsidenten von Amerika trifft. Eines ganz und gar ungewöhnlichen Menschen. Für die einen ist er ein naiver Schwachkopf, für die anderen ein Held. Was immer er auch anpackt, es geht garantiert schief. In Wirklichkeit aber zählt für Forrest Gump nur Jenny – die große Liebe seines Lebens ...

Forrest Gump

Die Idee war einfach da. Was nun? Am besten wachsen lassen. Spannend, was dabei alles passieren kann!

Was macht man mit einer Idee?

Prämiert mit dem Lesekompass 2021 in der Altersgruppe 2 bis 6 Jahre! Jim ist mies drauf: Die Sonne scheint zu hell, der Himmel strahlt zu blau und die Bananen schmecken zu süß! \"Vielleicht hast du schlechte Laune\"

Jim ist mies drauf

Von allen bewundert und zu stolz um zu teilen, muss der Regenbogenfisch lernen, dass einsame Schönheit nichts wert ist.

Der Regenbogenfisch

This heartwarming book encourages positive behavior by using the concept of an invisible bucket to show

children how easy and rewarding it is to express kindness, appreciation, and love by \"filling buckets.\" Updated and revised, this 10th anniversary edition will help readers better understand that \"bucket dipping\" is a negative behavior, not a permanent label. It also explains that it's possible to fill or dip into our own buckets.

Der Blätterdieb

Warum Gott? Ist es heute noch vernünftig zu glauben? Ist der Glaube nicht irrelevant, ohne Antworten auf die drängenden Fragen der Zeit? Hat die Wissenschaft nicht den Glauben an Gott längst widerlegt? Mächtige Fragen an den Allmächtigen! Tim Keller findet Antworten, die nicht nur den Zweifler nachdenklich werden lassen. Und er nennt gute Gründe für den Glauben.

Have You Filled a Bucket Today?

Eigentlich sollte man längst bei einem Termin sein, doch dann klingelt das Handy und das E-Mail-Postfach quillt auch schon wieder über. Für Sport und Erholung bleibt immer weniger Zeit und am Ende resigniert man ausgebrannt, unproduktiv und völlig gestresst. Doch das muss nicht sein. Denn je entspannter wir sind, desto kreativer und produktiver werden wir. Mit David Allens einfacher und anwendungsorientierter Methode wird beides wieder möglich: effizient zu arbeiten und die Freude am Leben zurückzugewinnen.

Hier sind wir

For use in schools and libraries only. Uses the metaphor of a bucket filled with good feelings to show how easy and rewarding it is to express kindness, appreciation, and love on a daily basis.

The Day You Begin

Gott hat für jede Frau, Ehefrau und Mutter einen exzellenten Plan, wie sie Ihn mit allen Bereichen ihres Leben verherrlichen und eine \"Frau nach dem Herzen Gottes\" werden kann. Elizabeth George vermittelt in liebevollem und verständnisvollen Stil ihre biblischen und praktischen Einsichten, wie eine Frau zur Ehre Gottes leben kann: in ihrer persönlichen Beziehung zum Herrn, im Alltag mit ihrem Ehemann und ihren Kindern, mit ihrer Aufgabe als Hausfrau und mit ihrem Dienst in der Gemeinde. Dieses Buch mit Studienleitfaden eignet sich hervorragend zum Studium allein, in einer Zweierschaft oder auch im Frauenkreis. Elizabeth George ist in den USA eine bekannte Autorin zahlreicher Bücher, seit 35 Jahren mit ihrem Ehemann Jim verheiratet, Mutter von zwei Kindern und Großmutter dreier Enkel. U.a. diente sie über 20 Jahre als Mitarbeiterin im Frauenprogramm der Grace Community Church, Kalifornien, wo auch der bekannte Prediger John MacArthur lehrt.

Das beste Eis der Welt

This interactive and distinctively insightful interpretation of the world's most famous children's stories will help you and your family have a strong and special bond, where fiction, fun, and reality create the ultimate family experience. This book is a continuation of the What's the Story for Today? book series. It is written by the renowned international child psychologist Judy Toth Feinerman, who has dedicated her professional and personal life to children's cognitive development and family counseling.

Warum Gott?

Willy Wonka stand ganz allein in dem großen offenen Fabriktor. Seine Augen waren ungewöhnlich lebhaft. Plötzlich machte er ein paar komische kleine Tanzschritte, breitete die Arme aus und rief: «Willkommen, meine kleinen Freunde! Willkommen in der Schokoladenfabrik!» Der geheimnisvolle Willy Wonka öffnet

zum ersten Mal die Tore seiner Schokoladenfabrik. Charlie kann es kaum fassen, dass er als eines der fünf glücklichen Kinder, die eine Goldene Eintrittskarte gewonnen haben, dort hineindarf. Denn Willy Wonka macht nicht nur die köstlichste Schokolade – er ist der beste Süßigkeitenerfinder aller Zeiten! Aber Charlie hätte nie gedacht, welche verrückten Abenteuer ihn in Wonkas Schokoladenfabrik wirklich erwarten würden ...

Wie ich die Dinge geregelt kriege

One in five people will have mental health challenges at some point in their lives. Some minor and some severe. 2B is an incredibly useful tool for anyone ages ten and up hoping to improve their mental health and well-being. Using a series of concrete exercises, it helps readers process their emotions and find healthy ways to cope with stress and other life challenges. From affirmations to breathing techniques to anecdotes from the author's personal experience, 2B will help readers with their mental, spiritual and physical health. 2B provides numerous strategies to improve your mental health and well-being. Anyone seeking a more balanced life or struggling with anxiety or depression will find solace in 2B. It was designed to feel like you have just gotten a great, big hug.

Have You Filled a Bucket Today

It's not uncommon to hear someone say, \"If it weren't for my grandmother's prayers, I wouldn't be walking with God.\" Offering inspiring stories, Scripture-based prayer topics, and practical ideas for fostering loving relationships, A Grandmother's Prayers leads you on a sixty-day journey of prayer for your grandchildren. Throughout the pages of this devotional prayer guide, you'll find insightful and uplifting daily readings, sample prayers, activities and conversation starters, and questions for reflection and application. Author Kay Swatkowski encourages you to talk to God about your grandchildren, talk to them about God, and pass on a strong spiritual legacy from one generation to another.

10 kleine Gummienten

Like the slow formation of stalagmites in caves, meaningful personal growth and lasting change happen through small, consistent actions over time. \"The Stalagmite Effect\" reveals how tiny, deliberate steps can transform your life, career, and relationships. Drawing from her experience as an educator and advocate, O'Shea shares compelling stories and practical strategies for building your own \"stalagmite\" of achievement and helping others do the same. From dodging negative influences to embracing small victories, readers will discover how to harness the power of incremental progress. This book is for anyone who feels overwhelmed by big goals or discouraged by slow progress. Through relatable anecdotes and thoughtful reflection questions, O'Shea demonstrates that the most enduring transformations don't happen overnight—they're built drop by drop, day by day. Readers will learn to appreciate their unique journeys, measure success on their own terms, and create lasting positive impact through small, intentional actions.

Eine Frau nach dem Herzen Gottes

What kind of life do you want for yourself? What choices will create this kind of life? In his New York Times bestseller Happier, positive psychology expert Tal Ben-Shahar taught us how to become happier through simple exercises. Now, in Choose the Life You Want, he has a new, life-changing lesson to share: Drawing on the latest psychological research, Ben-Shahar shows how making the right choices—not the big, once-in-a-lifetime choices, but the countless small choices we make every day almost without noticing—has a direct, long-lasting impact on our happiness. Every single moment is an opportunity to make a conscious choice for a happy and fulfilled life. Choose the Life You Want covers 101 such choices, complete with real-life stories, to help you identify and act on opportunities large and small.

What's the Story for Today? Who Loves You Best

The Functional Approach to Character Education (FACE) Anti-bullying Curriculum is a K through 5th grade interactive model for alleviating the conditions that often cause students to intimidate other students, including lack of respect for another's feelings, lack of appreciation for physical/behavioral differences, and poor self-esteem. Used by over 10,000 students dating back to 2001, this curriculum is now available via e-Book, both by individual grade or as a K through 5th grade package. Each of the 38 lessons includes a theme, classroom activity, discussion ideas, and takeaway points. Initially authored by Dr. Daniel Price, a licensed clinical psychologist, the curriculum has undergone revisions by grade level teachers since 2001, and modified to include activities that are fun and educational at the same time. Topics covered include: Responsibility, Respect, Caring, Fairness, Trustworthiness, and Citizenship.

Charlie und die Schokoladenfabrik

Reactive parenting encompasses the negative behaviours that stem from frustration, like yelling, threatening, and over-rewarding or bribing. It's difficult not to snap when you're overworked, overtired, and faced with a child experiencing extremely high emotions. This book offers a new approach focusing on the family as a whole to create a calmer, more equitable home environment. From addressing the issues that cause and result from being reactive to implementing a more effective parenting approach, this book serves as your support system as you seek to bring meaningful change into your home.

2B

Answers to common questions and concerns for anyone considering homeschooling. From "What if I don't know the content?" to "Will my child miss out on the school experience?" to "What about preparing for college?" this book answers homeschooling questions with thoughtful and concise explanations, provides practical action items, and inspires with ideas and examples. If you're considering homeschooling, *Hesitant to Homeschool?* gives you the pros and cons of homeschooling, shares the experiences of other homeschooling families, and provides information on where to begin. Written by active homeschool parents who lead a homeschool co-op, *Hesitant to Homeschool?* addresses 20 common concerns and challenges. With each chapter devoted to one question, the book makes it easy for you to read from start to finish or go straight to the homeschooling questions you have. Included are checklists, anecdotes, and planning questions.

A Grandmother's Prayers

Visiting Africa: A Memoir is a personal journey as well as a physical one: it is about my ongoing and evolving attempt to approach Africa and its cultures with humility and modesty and about my struggles as a privileged white man to ethically encounter and live in a world marked by injustice and racialized inequality. It takes up the present challenge of resurrecting stories that challenge dominant narratives. It is an investigation of privilege and how the privileged must overcome their own defensiveness and feelings of guilt if they are to stand in solidarity with those people they meet and write about. Finally, this book is an investigation into the possibilities of empathy.

The Stalagmite Effect

How do we educate so all can learn? What does differentiation look like when done successfully? This practical guide to differentiation answers these questions and more. Based on national and international work, McCarthy shares how educators finally understand how differentiation can work. Bridging pedagogy and practice, each chapter addresses a key understanding for how good teaching practices can include differentiation with examples and concrete methods and strategies. The book is constructed to differentiate for diverse educators: veteran of many years to the pre-service teacher, classroom teacher leader to administrator as instructional leader, and coaches for staff professional development: Presents common

language for staff discussing learner needs. Provides structures for designing powerful learning experiences so all can learn. Includes chapter reflection questions and job-embedded tasks to help readers process and practice what they learn. Explore a supporting website with companion resources. All learners deserve growth. All teachers and administrators deserve methods and practices that helps them to meet learner needs in an ever challenging education environment. Take this journey so all can learn.

Choose the Life You Want

Worried about mean girls? Help your daughter respond and react to bullying where it starts---in elementary school As experts in developmental psychology and each a mother of three, Dr. Michelle Anthony and Dr. Reyna Lindert began noticing an alarming pattern of social struggle among girls as young as five, including their own daughters. In today's world, it is likely that your daughter has been faced with bullying and friendship issues, too---and perhaps you're at a loss for how to guide her through these situations effectively. *Little Girls Can Be Mean* is the first book to tackle the unique social struggles of elementary-aged girls, giving you the tools you need to help your daughter become stronger, happier, and better able to enjoy her friendships at school and beyond. Dr. Anthony and Dr. Lindert offer an easy-to-follow, 4-step plan to help you become a problem-solving partner with your child, including tips and insights that girls can use on their own to confront social difficulties in an empowered way. Whether your daughter is just starting grade school or is already on her way to junior high, you'll learn how to: **OBSERVE** the social situation with new eyes **CONNECT** with your child in a new way **GUIDE** your child with simple, compassionate strategies **SUPPORT** your daughter to act more independently to face the social issue By focusing squarely on the issues and needs of girls in the years before adolescence, *Little Girls Can Be Mean* is the essential, go-to guide for any parent or educator of girls in grades K-6.

K-5 Lesson Plans

Social and Emotional Learning (SEL) skills are the tools that every child needs to succeed in school and in life. This book introduces readers to the SEL skill of evaluating consequences, a key part of the SEL core concept of responsible decision-making. Readers will follow Luke the Lion as he looks at all sides of a problem to make the best decision. Eye-catching illustrations, a stimulating storyline, and a relatable situation will engage students as they acquire integral skills for daily life. For a comprehensive learning experience, this fiction title can be paired with the nonfiction title *Looking at All Sides* (ISBN: 9781725354616). The instructional guide on the inside front and back covers provides vocabulary, reflections, background knowledge, text-dependent questions, whole class activities, and independent activities.

Break Free from Reactive Parenting

Get ready for a parenting makeover! If you're a parent today, you face extreme pressure to get everything exactly "right"—a pursuit of perfection that probably makes parenting feel hard. It encourages you to worry about whether you're doing a good enough job, and to wonder if your kids will turn out okay. In *The "Perfect" Parent*, Roma Khetarpal puts all of that agony to rest. She explains that the key to a fulfilling parenting experience is to stop chasing an ideal and instead use your inner perfection to nurture a strong, communicative connection with your children—which will lead them to be happy, think positive, and do good. Drawing from the fields of personal growth and emotional intelligence and distilling cutting-edge scientific research, Khetarpal leads you through five communication tools designed to help parents strengthen their bond with their kids and handle the doubt, guilt, worry, and fear that often accompany the challenges of raising children. Along the way, she shares helpful, humorous real-life stories taken from the popular parenting classes she's taught for years, as well as easy-to-remember exercises—such as "Dealing with the Feeling" and "Take Five"—for use in common family situations. With this short, useful, and enjoyable guide, you will be equipped with the simple tools you need to build a relationship with your kids that lasts a lifetime. Includes a "Perfect" parent toolbox!

Hesitant to Homeschool?

Involve and inspire students with these one-of-a-kind activities! Help your students reach their fullest potential. Create unique learning experiences adaptable to their needs and aspirations with this extraordinary activity book from internationally acclaimed education experts Dr. Russell Quaglia, Michael Corso and Julie Hellerstein. Based on hundreds of teacher and student interviews, the authors implement 3 Guiding Principles and 8 Behaviors and Conditions that profoundly affect student success in grades K-8. You'll discover student centered ideas and activities that powerfully engage K-8 students in important content areas. Timesaving and easy-to-implement activities help you to: Promote student self expression, values, hopes and dreams Foster student engagement, purpose and self worth Provide a creative and challenging learning environment for all ability levels Align activities with Common Core, ISTE Standards (NETS) and 21st Century Skills Promote student leadership and responsibility Capitalize on technology and promote interdisciplinary connections Includes a handy correlation chart and group discussions, personal reflections, and extended learning opportunities for each stand-alone lesson. An inspiring resource for any educator, use these fun, extensively researched activities to help your students reach their full potential! \

"The authors have once again designed an extraordinary roadmap for teachers to use in guiding students to find their true voice. A research-based roadmap yes, but more importantly, a map teachers can use to guide students to find their voice through their experiences. The wonderful activities herein are inspiring, engaging and interactive and ultimately lead students to discover their own unique voice and aspirations!" Rich McBride, Ed.D., Superintendent 2014 AESA National President

Visiting Africa: A Memoir

What's the difference between being kind and being compassionate? How can we become more compassionate? And why can being compassionate be so difficult? Join Sam as he learns answers to these, and many more, questions about this important character virtue.

So All Can Learn

The imagery of a sculptor chipping away to free an angel from the stone suggests the idea that children have \

"miraculous human\" qualities that can be released if a sculptor takes the time to free the child. In this book Doug Whitener asserts that parents and teachers are the lead sculptors who can help free children to live meaningful and responsible lives. Mr. Whitener draws upon forty-five years of experience as a parent and as an educator to outline key child guidance ideas. The reader is treated to over forty stories that illustrate principles from real life events in homes and schools. The near death experiences Mr. Whitener has had with cancer have caused him to celebrate every moment he has had as an educator of children. In each chapter the reader is invited to pause and reflect about his or her opportunities to appreciate childhood and to help children \

"Strengthen their Wings.\" Key child development concepts in the book include the following:* unconditional love* critical learning activities* empathy development and relationship building* responsibilities, empowerment, and child uniqueness* family mission statement Key child discipline concepts in the book include the following:* understanding yourself as an adult, positive modeling, and support systems* defining discipline as a teaching-learning process focused upon the development of inner discipline* determining expectations, teaching expectations, and building competencies* understanding the purpose of misbehavior* meaningful logical consequences* restorative justice* the intensive-care child This book is a must-read for parents, teachers, guidance counselors, school psychologists, family therapists, and school principals. \

"This amazing resource not only supports parents and teachers with numerous fantastic strategies to effectively provide discipline and love to students; it is written through Doug's remarkable life experiences. You will learn how to successfully incorporate respectful, solution-oriented approaches to challenges faced in the classroom and home. You'll discover the power of fundamental principles of child discipline through frequent real-world examples—ready for immediate application. You'll finish the book feeling like you have just gained valuable advice from a parent and educator who knows exactly how it feels to be the Dad, Mom, and or teacher in today's world.\"--Rick Harris, Director, Northern Nevada/Tahoe Leadership AcademyFormer Deputy Superintendent of Washoe County School District \

"Every page of this

book expresses the author's optimism, belief in and appreciation for the good all children possess, and the importance of discipline as a teaching/learning process. I encourage parents, teachers, guidance counselors, school psychologists, family therapists and school counselors to invest the time to read this vital book. We can be hopeful that the kindness, wisdom, and sensibility of his words are embodied in schools and homes across the country.\"--Meggin McIntosh, PhDThe PhD of ProductivityEmphasis on Excellence, Inc.Reno, NV <https://meggin.com>

Little Girls Can Be Mean

Focuses on learning activities and pedagogy for preschoolers.

Luke the Lion Looks at All Sides

The instruction book that didn't come with your child. A comprehensive guide to being the best parent you can be, connecting and communicating in a conscious and confident way with your children, so that you can both enjoy a great relationship and you can help them shine their unique brilliance in the world. This is a new paradigm, exploring the importance of energetic communication and kinetic parenting with concepts, philosophies, strategies and ideas drawn from NLP, hypnotherapy, spiritual practices and the latest brain and heart research which reveals that we are communicating far more to our children than we think we are.

The Perfect Parent

An all-in-one set to implement a family meditation course, regardless of your tradition or level of experience. This three-volume set provides a complete curriculum for adults and children to learn about mindfulness, meditation, and Buddhist teachings together, either in the home, in partnership with other families, or with a local center. The Adult Study Guide (280 pages) offers thirty-six lesson plans including meditation practices, homework, readings, and reflection questions for group study. The Children's Lesson Plans (296 pages), used in conjunction with the Adult Study Guide, provides step-by-step instructions for teachers on meditation exercises, stories, crafts, songs, and games. The Activity Book (136 pages) is a perfect companion to enhance the children's education with over 50 coloring pages, puzzles, and other fun activities. This comprehensive curriculum for adults and children ages 3–12 has five units on meditation, kindness, ethics, character, and service. It is perfect for any family, Dharma center, yoga studio, or religious, educational, or community organization that wants to incorporate a mindfulness program for children and their families. To fully implement the Children's Lesson Plans some additional materials will be needed, such as inexpensive arts and craft supplies, download of children's songs, and children's storybooks, often available in libraries. Visit mindfulfamilies.net for more resources.

Student Voice

Kipper's stories of peace and healing will touch your heart in ways you cannot imagine. Her stories will quickly move you to tears, while at other times, they will make you cry out in laughter. It is believed that harps are used in heaven by the angels, but here on earth, Kipper shows us how the Lord uses sinners to share a special peace that can only be delivered through the strings of this angelic instrument. The stories in this book are testimonies of such peace.

Can I Tell You About Compassion?

During the (2015-2016) school year, Walter had the unique and fortunate opportunity to teach in a first grade, dual language program at Hunt Club Elementary School. After reading one of his first grade anchor-text entitled, *Señorita Runfio* from the new Ready-Gen series, he felt inspired to write his own children's book. Walter has always felt the passion to write whenever he is motivated and encouraged to tell a story in unusual

and \"extreme circumstances\". During his entire teaching career, he has used the strategy of Daily Interactive Journal Writing as an effective learning tool to meet the social and emotional needs of all the learners that he has taught. In times of leisure and pleasure, he enjoys travelling with his wife, Marg on getaways, watching Chicago Cubs and Bears sport teams, conducting seminars, workshops, attending Church and Bible studies, and last but not least, sharing The Good News of the Gospel as an interactive minister of the Pentecostal Assemblies of the World. He is a huge believer and doer of an old proverb that says,\" Good, better, best will never let you rest, until the good gets better and the better gets best. Practice makes us all better!\"

I Saw an Angel in the Stone and I Carved to Set it Free

Your Child's Social and Emotional Well-Being provides a practical guide full of proven strategies for promoting social and emotional learning (SEL) skills in children aged 4-16. A practical guide designed to support parents and education professionals in developing social and emotional skills in children, a form of learning that can be neglected in formal education Demonstrates how to foster social and emotional learning (SEL) at home and in the classroom, and shows how parents and professionals can work together for success Includes a wealth of exercises for promoting social and emotional wellbeing, along with tips, tools, and coverage of new developments such as computer-assisted instruction Written by authors with a wealth of practical and writing experience

Pre-School Educational Activities

Parenting Magic

<https://forumalternance.cergyponoise.fr/56969031/cchargek/lslugp/qtacklet/1990+honda+cb+125+t+repair+manual>.

<https://forumalternance.cergyponoise.fr/15475145/wspecifys/oexej/npractisei/cra+math+task+4th+grade.pdf>

<https://forumalternance.cergyponoise.fr/28654540/ogets/hslugv/kpourm/cheap+rwd+manual+cars.pdf>

<https://forumalternance.cergyponoise.fr/77935273/mcommenceg/zlinks/rbehavee/1962+bmw+1500+brake+pad+set>

<https://forumalternance.cergyponoise.fr/93083868/qguaranteeb/gvisitr/aeditu/early+childhood+behavior+intervention>

<https://forumalternance.cergyponoise.fr/20659777/linjures/ugotok/gcarver/the+scarlet+cord+conversations+with+go>

<https://forumalternance.cergyponoise.fr/97086800/aroundp/murlx/fpreventw/human+anatomy+chapter+1+test.pdf>

<https://forumalternance.cergyponoise.fr/24048661/krescuer/wfilee/afavourg/sunbeam+owners+maintenance+and+re>

<https://forumalternance.cergyponoise.fr/43722157/icoverj/dlinkb/wfinishm/mindful+leadership+a+guide+for+the+h>

<https://forumalternance.cergyponoise.fr/85437760/irescuem/sfindv/ppourt/keeprite+electric+furnace+manuals+furna>