

DOWNLOAD PDF ANATOMY OF A TAX SYSTEM AND THE CARTER REPORT

Chapter 1 : The Carter Center – Waging Peace. Fighting Disease. Building Hope.

Anatomy of a tax system and the Carter Report / by J. H. Perry. KF ZA2 P4 The tax systems of Canada: a description and analysis of the major federal, provincial and municipal tax cases.

September 25, Article Author: The more you practice it, the more it becomes your state of mind. Mindfulness is about generating greater mental effectiveness, so you can realize more of your potential on both a professional and a personal level. Effectiveness in this context is the ability to achieve your goals, objectives, and wishes in life. Mindfulness training tools and techniques have been around for thousands of years. In our work with organizations around the world, we keep the practice and definition of mindfulness simple and close to its ancient roots: At the center of the practice of mindfulness is learning to manage your attention. When you learn how to manage your attention, you learn how to manage your thoughts. In other words, you train yourself to be more present in the here and now. Recently, research has backed up the claims that practitioners have been making for years. Mindfulness has a positive impact on our physiology, psychology, and work performance. At the physiological level, researchers have demonstrated that mindfulness training results in a stronger immune system, lower blood pressure, and a lower heart rate. In addition, people who practice mindfulness sleep better and feel less stressed. Mindfulness training increases the density of grey cells in our cerebral cortex, the part of the brain that thinks rationally and solves problems. Because of this increase, cognitive function improves, resulting in better memory, increased concentration, reduced cognitive rigidity, and faster reaction times. With all these benefits, research has found people who practice mindfulness techniques report an overall increased quality of life. The benefits of mindfulness also have been demonstrated in an organizational context. He found significant improvements in focus, awareness, memory, job performance, and overall job satisfaction after only nine weeks of training for 10 minutes each day. Attendees also reported reduced stress and improved perceptions of work-life balance. Other researchers have found similar benefits from mindfulness training in corporate contexts, including increased creativity and innovation, improved employer-employee relations, reduced absenteeism, and improved ethical decision making. But mindfulness does something far more powerful than all of the above—it constructively alters our perception of reality. Through repeated practice, mindfulness triggers a shift in cognitive control to frontal brain regions. This enables us to perceive our world, our emotions, and other people without fight- or- flight and knee-jerk reactions and to have better emotional resilience. This change in neurological wiring helps us perceive situations and make decisions more from the conscious mind, avoiding some of the traps of our unconscious biases. Operating more from the prefrontal cortex also enhances our executive function, the control center for our thoughts, words, and actions. A well- developed executive function allows us to better lead ourselves and others toward shared goals. With stronger prefrontal activity, we deactivate our tendency to be distracted and we become more present, focused, and attentive. Not coincidentally, mindfulness also makes us happier. The more present and attentive we are, regardless of what we do, the happier we become. There are two key qualities of mindfulness—focus and awareness. Focus is the ability to concentrate on a task at hand for an extended period of time with ease. Awareness is the ability to make wise choices about where to focus your attention. Focus and awareness are complementary. They work in tandem. The more focused we become, the more we also will be aware—and the other way around. In mindfulness practice, you enhance focus and awareness together. Mindfulness can be presented in a two- by- two matrix, as shown in the graphic below. There is really not much good to say about this state of mind. Most of the mistakes we make arise from this mind state. And in leadership, as elsewhere, this can be harmful. If we are distracted and on autopilot, we are not present with our people. Great ideas may arise from this state. Good ideas only become innovative solutions when you have the focus to retain and execute them by bringing them into the upper right quadrant. But the problem with this state is that we are not very aware and, therefore, are at risk of missing out on valuable information. Without awareness, we may not notice the expressions of the people we are meeting

DOWNLOAD PDF ANATOMY OF A TAX SYSTEM AND THE CARTER REPORT

with, and hence we may exercise poor judgment. Also, without awareness, we are not able to see or understand our unconscious biases and may make bad decisions. We are focused on the people we are with and the tasks we do. And at the same time, we have self-awareness and the ability to see our unconscious bias and regulate accordingly. In mindfulness practice, we train both our focus and our awareness. We can maintain focus on an object of our choice, notice when we get distracted, and then make decisions about where to place our attention. We can observe our thoughts as they arise and make best judgments about what to focus on and what to let go. Over the years, we, along with our colleagues, have been teaching and training on mindfulness to leaders and employees in hundreds of organizations all over the world. Our approach has been developed and refined in collaboration with researchers, mindfulness experts, and business leaders. This practice is fundamental to your success in mastering mindful leadership. More specifically, a stronger sense of selfless confidence arises, helping you develop the second quality of MSC leadership. Copyright Rasmus Hougaard and Jacqueline Carter. Rasmus Hougaard is the founder and managing director of Potential Project, a global leader in customized leadership and organizational training programs based on mindfulness. Hougaard has led more than 1, workshops and programs and is recognized as a leading international authority on training the mind to be more focused, effective, and clear in an organizational context. Hougaard is a regular contributor to publications such as Business Insider and Harvard Business Review for his thought leadership and knowledge. He was selected for the Thinkers50 Radar list of 30 up-and-coming management thinkers most likely to shape how organizations are managed and led in the years ahead. She has more than 20 years of experience working with organizations around the globe to enhance effectiveness and improve performance. Carter has spoken at numerous conferences and has appeared on television and radio talk shows. She is a regular contributor to business publications, including Harvard Business Review, and is a sought-after speaker for her thought leadership, knowledge, and engaging facilitation skills. Before joining Potential Project, Carter held a number of senior leadership roles. She also worked for Deloitte in the U.

DOWNLOAD PDF ANATOMY OF A TAX SYSTEM AND THE CARTER REPORT

Chapter 2 : Oklahoma Tax Commission - All Taxes

Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.

It is obvious that we use our sensory organs—our eyes, and ears, and nose—to take in and understand the world around us. Weber was particularly interested in the sense of touch. Using a drafting compass he placed the two points far apart and set them on the skin of a volunteer. When the points were far apart the research participants could easily distinguish between them. As Weber repeated the process with ever closer points, however, most people lost the ability to tell the difference between them. Your back, for example, is far less sensitive to touch than is the skin on your face. Similarly, the tip of your tongue is extremely sensitive! In this way, Weber began to shed light on the way that nerves, the nervous system, and the brain form the biological foundation of psychological processes. Understanding the nervous system is vital to understanding psychology in general. It is through the nervous system that we experience pleasure and pain, feel emotions, learn and use language, and plan goals, just to name a few examples. In the pages that follow we will begin by examining how the human nervous system develops and then we will learn about the parts of the brain and how they function. We will conclude with a section on how modern psychologists study the brain. It is worth mentioning here, at the start, that an introduction to the biological aspects of psychology can be both the most interesting and most frustrating of all topics for new students of psychology. This is, in large part, due to the fact that there is so much new information to learn and new vocabulary associated with all the various parts of the brain and nervous system. In fact, there are 30 key vocabulary words presented in this module! We encourage you not to get bogged down in difficult words. Instead, pay attention to the broader concepts, perhaps even skipping over the vocabulary on your first reading. It is helpful to pass back through with a second reading, once you are already familiar with the topic, with attention to learning the vocabulary.

Nervous System development across the human lifespan As a species, humans have evolved a complex nervous system and brain over millions of years. Comparisons of our nervous systems with those of other animals, such as chimpanzees, show some similarities Darwin, Researchers can also use fossils to study the relationship between brain volume and human behavior over the course of evolutionary history. Homo habilis, for instance, a human ancestor living about 2 million years ago shows a larger brain volume than its own ancestors but far less than modern homo sapiens. The main difference between humans and other animals-- in terms of brain development-- is that humans have a much more developed frontal cortex the front part of the brain associated with planning. For example, the human nervous system begins developing even before a person is born. It begins as a simple bundle of tissue that forms into a tube and extends along the head-to-tail plane becoming the spinal cord and brain. What, exactly, is this nervous system that is developing and what does it do? There are many ways in which we can divide the nervous system to understand it more clearly. One common way to do so is by parsing it into the central nervous system and the peripheral nervous system. Each of these can be sub-divided, in turn. It might seem overwhelming at first but through the figures and a little study you can get it. The Neurons inside the Brain Figure 1: The CNS is the portion of the nervous system that is encased in bone the brain is protected by the skull and the spinal cord is protected by the spinal column. It communicates largely by sending electrical signals through individual nerve cells that make up the fundamental building blocks of the nervous system, called neurons. There are approximately billion neurons in the human brain and each has many contacts with other neurons, called synapses Brodal, If we were able to magnify a view of individual neurons we would see that they are cells made from distinct parts see Figure 2. The three main components of a neuron are the dendrites, the soma, and the axon. Neurons communicate with one another by receiving information through the dendrites , which act as an antenna. When the dendrites channel this information to the soma , or cell body, it builds up as an electro-chemical signal. This electrical

DOWNLOAD PDF ANATOMY OF A TAX SYSTEM AND THE CARTER REPORT

part of the signal, called an action potential shoots down the axon , a long tail that leads away from the soma and toward the next neuron. The parts of a neuron If we were to zoom in still further we could take a closer look at the synapse, the space between neurons see Figure 3. Here, we would see that there is a space between neurons, called the synaptic gap. To give you a sense of scale we can compare the synaptic gap to the thickness of a dime, the thinnest of all American coins about 1. You could stack approximately 70, synaptic gaps in the thickness of a single coin! As the action potential, the electrical signal reaches the end of the axon, tiny packets of chemicals, called neurotransmitters , are released. This is the chemical part of the electro-chemical signal. These neurotransmitters are the chemical signals that travel from one neuron to another, enabling them to communicate with one another. There are many different types of neurotransmitters and each has a specialized function. For example, serotonin affects sleep, hunger and mood. A view of the synapse between neurons It is amazing to realize that when you thinkâ€”when you reach out to grab a glass of water, when you realize that your best friend is happy, when you try to remember the name of the parts of a neuronâ€”what you are experiencing is actually electro-chemical impulses shooting between nerves!

The Central Nervous System: Looking at the Brain as a Whole

If we were to zoom back out and look at the central nervous system again we would see that the brain is the largest single part of the central nervous system. The brain is the headquarters of the entire nervous system and it is here that most of your sensing, perception, thinking, awareness, emotions, and planning take place. It is helpful to examine the various parts of the brain and to understand their unique functions to get a better sense of the role the brain plays. We will start by looking at very general areas of the brain and then we will zoom in and look at more specific parts. Anatomists and neuroscientists often divide the brain into portions based on the location and function of various brain parts. Among the simplest ways to organize the brain is to describe it as having three basic portions: There is another part, called the Limbic System that is less well defined. The brain stem is the most basic structure of the brain and is located at the top of the spine and bottom of the brain. Amazingly, the brain stem sends the signals to keep these processes running smoothly without any conscious effort on our behalf. These structures influence hunger, the sleep-wake cycle, sexual desire, fear and aggression, and even memory. The cerebellum is a structure at the very back of the brain. The cerebellum, like the brain stem, coordinates actions without the need for any conscious awareness. General areas of the brain [Image: The cerebral hemispheres the left and right hemispheres that make up each side of the top of the brain are in charge of the types of processes that are associated with more awareness and voluntary control such as speaking and planning as well as contain our primary sensory areas such as seeing, hearing, feeling, and moving. These two hemispheres are connected to one another by a thick bundle of axons called the corpus callosum. There are instances in which peopleâ€”either because of a genetic abnormality or as the result of surgeryâ€”have had their corpus callosum severed so that the two halves of the brain cannot easily communicate with one another. The rare split-brain patients offer helpful insights into how the brain works. For example, we now understand that the brain is contralateral , or opposite-sided. This means that the left side of the brain is responsible for controlling a number of sensory and motor functions of the right side of the body, and vice versa. Consider this striking example: A split brain patient is seated at a table and an object such as a car key can be placed where a split-brain patient can only see it through the right visual field. Right visual field images will be processed on the left side of the brain and left visual field images will be processed on the right side of the brain. See the outside resources below for a video demonstration of this striking phenomenon. Besides looking at the brain as an organ that is made up of two halves we can also examine it by looking at its four various lobes of the cerebral cortex, the outer part of the brain see Figure 5. Each of these is associated with a specific function. The occipital lobe , located at the back of the cerebral cortex, is the house of the visual area of the brain. The temporal lobe , located on the underside of the cerebral cortex, is where sounds and smells are processed. The parietal lobe , at the upper back of the cerebral cortex, is where touch and taste are processed. Finally, the frontal lobe , located at the forward part of the cerebral cortex is where behavioral motor plans are processed as well as a number of highly complicated processes occur including speech and language use, creative

DOWNLOAD PDF ANATOMY OF A TAX SYSTEM AND THE CARTER REPORT

problem solving, and planning and organization. This strip running along the side of the brain is in charge of voluntary movements like waving goodbye, wiggling your eyebrows, and kissing. It is an excellent example of the way that the various regions of the brain are highly specialized. Interestingly, each of our various body parts has a unique portion of the primary motor cortex devoted to it see Figure 6. Each individual finger has about as much dedicated brain space as your entire leg. Your lips, in turn, require about as much dedicated brain processing as all of your fingers and your hand combined! Specific body parts like the tongue or fingers are mapped onto certain areas of the brain including the primary motor cortex. Because the cerebral cortex in general, and the frontal lobe in particular, are associated with such sophisticated functions as planning and being self-aware they are often thought of as a higher, less primal portion of the brain. Indeed, other animals such as rats and kangaroos while they do have frontal regions of their brain do not have the same level of development in the cerebral cortices. The closer an animal is to humans on the evolutionary tree—think chimpanzees and gorillas, the more developed is this portion of their brain. The Peripheral Nervous System In addition to the central nervous system the brain and spinal cord there is also a complex network of nerves that travel to every part of the body. Some of the signals carried by the PNS are related to voluntary actions. If you want to type a message to a friend, for instance, you make conscious choices about which letters go in what order and your brain sends the appropriate signals to your fingers to do the work. Other processes, by contrast, are not voluntary. Without your awareness your brain is also sending signals to your organs, your digestive system, and the muscles that are holding you up right now with instructions about what they should be doing. All of this occurs through the pathways of your peripheral nervous system. The peripheral nervous system How we study the brain The brain is difficult to study because it is housed inside the thick bone of the skull. As a result, many of the earliest studies of the brain and indeed this is still true today focused on unfortunate people who happened to have damage to some particular area of their brain. For instance, in the s a surgeon named Paul Broca conducted an autopsy on a former patient who had lost his powers of speech. Over the years a number of researchers have been able to gain insights into the function of specific regions of the brain from these types of patients. Some researchers examine the brains of other animals such as rats, dogs and monkeys.

Chapter 3 : Get Instant Anatomy Free - Microsoft Store

Enter your mobile number or email address below and we'll send you a link to download the free Kindle App. Then you can start reading Kindle books on your smartphone, tablet, or computer - no Kindle device required.

Chapter 4 : The Anatomy of Mindfulness | Training Magazine

Anatomy of a tax system and the Carter Report / by J.H. Perry. HJ C A Review of some critical issues in the report of the Royal Commission o n Taxation / prepared for the Carter Commission Committee of the Canadian Chamber of Commerce by J.R. Petrie.

Chapter 5 : Get Muscular System 3D (Anatomy) - Microsoft Store

The University of Chicago Law Review There can be no doubt that the "Carter Report," to give it the name of the Canadian Commission's distinguished chairman, Kenneth LeM.

Chapter 6 : Holdings : Carter Report : | York University Libraries

Start studying Anatomy and Physiology: The Muscular System-Axial Musculature (Front). Learn vocabulary, terms, and more with flashcards, games, and other study tools.

DOWNLOAD PDF ANATOMY OF A TAX SYSTEM AND THE CARTER REPORT

Chapter 7 : Carter County Property Valuation Administrator's Office

Analysis of the Carter Tax Proposal. this change will make the tax system fairer by raising the effective tax on those with substantial preference income. REPORT 6 min read.

Chapter 8 : Holdings : Anatomy of a tax system and the Carter Report / | York University Libraries

The significance of the Carter Commission's plan, which retains a tax on corporations but converts it into a withholding levy on both distributed and undistributed profits, can best be seen by comparing its effects with those of the current U.S. tax.

Chapter 9 : Royal Commission on Taxation | The Canadian Encyclopedia

Why There Should Be No Capital Gains Tax Lower capital stock In today's integrated global capital market, investors equalize the risk-adjusted rates of return after taxes in all countries.