

1. Record Nr.	UNINA9910452236503321
Autore	Safren Steven A
Titolo	Coping with chronic illness [[electronic resource] ] : a cognitive-behavioral therapy approach for adherence and depression workbook / Steven A Safren, Jeffrey S. Gonzalez and Nafisseh Soroudi
Pubbl/distr/stampa	New York, : Oxford University Press, 2008
ISBN	0-19-024172-1 1-281-37473-3 9786611374730 0-19-804303-1
Descrizione fisica	1 online resource (131 p.)
Collana	Treatments That Work
Altri autori (Persone)	GonzalezJeffrey S SoroudiNafisseh
Disciplina	616.044
Soggetti	Chronic diseases - Psychological aspects Chronically ill - Mental health Chronically ill - Rehabilitation People with disabilities - Psychology Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Contents; List of Figures and Worksheets; Chapter 1 Introduction; Chapter 2 Overview of the Program; Chapter 3 Life-Steps; Chapter 4 Activity Scheduling; Chapter 5 Adaptive Thinking (Cognitive Restructuring): Part I; Chapter 6 Adaptive Thinking (Cognitive Restructuring): Part II; Chapter 7 Problem Solving; Chapter 8 Relaxation Training and Diaphragmatic Breathing; Chapter 9 Review, Maintenance, and Relapse Prevention; About the Authors
Sommario/riassunto	If you suffer from a chronic medical condition like cancer, HIV, diabetes, asthma, or hypertension, you know how hard it can be to perform all the self-care behaviors required of you, especially if you are also dealing with depression. Studies have shown that depressed individuals with chronic illness have a hard time keeping up with the behaviors necessary to manage their condition and improve their

health. The program outlined in this workbook can help you take better care of yourself while simultaneously relieving your depression. Designed to be used in conjunction with visits to a qualified

2. Record Nr.	UNINA9910153190503321
Titolo	Greening criminology in the 21st century : contemporary debates and future directions in the study of environmental harm // edited by Matthew Hall. [et al.]
Pubbl/distr/stampa	London ; ; New York : , : Routledge, , 2017
ISBN	1-315-58594-4 1-317-12450-2 1-317-12451-0
Descrizione fisica	1 online resource (254 pages) : illustrations, tables
Collana	Green Criminology
Altri autori (Persone)	HallMatthew (Criminologist)
Disciplina	364.1/45
Soggetti	Offenses against the environment Criminology - Environmental aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	pt. I. Examining green criminology -- pt. II. Case studies in green criminology -- pt. III. Questions and agendas in green criminology.

3. Record Nr. UNICAMPANIAVAN00070665

Titolo 100 libri/100 fiori

Pubbl/distr/stampa Milano, : Unicopli

Lingua di pubblicazione Non definito

Formato Materiale a stampa

Livello bibliografico Collezione