

1. Record Nr.	UNICASRML0304914
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Titolo	Elemente einer Theorie der Verfassung Europas / von Anne Peters
Pubbl/distr/stampa	Berlin, : Duncker & Humblot, ©2001
ISBN	3428106024
Descrizione fisica	889 p. ; 24 cm
Lingua di pubblicazione	Tedesco
Formato	Materiale a stampa
Livello bibliografico	Monografia
2. Record Nr.	UNINA9910698645303321
Titolo	The Affective Profiles Model : 20 Years of Research and Beyond // edited by Danilo Garcia
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2023
ISBN	3-031-24220-3
Edizione	[1st ed. 2023.]
Descrizione fisica	1 online resource (XVII, 315 p. 28 illus., 22 illus. in color.)
Disciplina	016.403 152.4
Soggetti	Emotions Personality Difference (Psychology) Ethnopsychology Emotion Personality and Differential Psychology Cross-Cultural Psychology Afecte (Psicologia) Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia

Nota di bibliografia

Includes bibliographical references and index.

Nota di contenuto

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Sommario/riassunto

This timely volume provides an up-to-date exploration of the affective profiles model, a person-centered means of understanding the affective system. It presents the etiology underpinning the affective system and compares the model with other existing personality models, such as the Big Five Model, and the Cloninger's Biopsychosocial Model. Most important, it examines the affective profiles model in relation to well-being, which includes life satisfaction, as well as psychological health. As such, it illuminates the problems of depression, anxiety, and sleep disorders. Based on a wealth of longitudinal, cross-cultural and intervention studies, this book offers a critical view of the affective profiles model that will enrich both further research and clinical practice.