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| 1. Record Nr. | UNINA990001297250403321 |
| Autore | Hyvärinen, Lassi P. |
| Titolo | Information theory for systems engineers. / by HYVARINEN L.P. |
| Pubbl/distr/stampa | Berlin : Springer-Verlag, 1968 |
| Collana | Lecture notes in operational research and mathematical systems |
| Locazione | MA1 |
| Collocazione | 17-M-5 |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | VOLUME 5 |
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| 2. Record Nr. | UNINA9910480282303321 |
| Autore | Glicken Morley D |
| Titolo | Learning from resilient people [[electronic resource]] : lessons we can apply to counseling and psychotherapy / / Morley D. Glicken |
| Pubbl/distr/stampa | Thousand Oaks, Calif. ; ; London, : SAGE, 2006 |
| ISBN | 1-322-42129-3
1-4522-6759-6 |
| Descrizione fisica | 1 online resource (296 p.) |
| Disciplina | 155.2/4
155.24 |
| Soggetti | Resilience (Personality trait)
Electronic books. |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Note generali | Description based upon print version of record. |
| Nota di bibliografia | Includes bibliographical references (p. 245-266) and index. |
| Nota di contenuto | pt. I. What we can learn from resilient people -- pt. II. How resilient people use culture, spirituality, and support systems to improve their |

social and emotional functioning -- pt. III. Examples of resilience across areas of psychosocial difficulty -- pt. IV. Practice implications.

Sommario/riassunto

Resilience is a human trait that is key to understanding how people successfully cope with crisis and trauma. This book explains the inner self-healing processes of resilient people and helps people training in the helping professions to learn to use these processes in working with their clients.
