

1. Record Nr.	UNINA990002014890403321
Autore	Negrea, Stefan
Titolo	Crustacea : Cladocera / Stefan Negrea
Pubbl/distr/stampa	Bucuresti : Academiei Republicii socialiste Romania, 1983
Descrizione fisica	399 p. ; 24 cm
Collana	Fauna Republicii socialiste Romania . 12 ; 4
Disciplina	595.32
Locazione	DAGEN
Collocazione	61 III F.2/45
Lingua di pubblicazione	Rumeno
Formato	Materiale a stampa
Livello bibliografico	Monografia

2. Record Nr.	UNINA990004770580403321
Autore	Gandino, Giovanni Battista
Titolo	La sintassi latina : mostrata con luoghi delle opere di Cicerone tradotti ed annotati ad uso di retroversione nei ginnasi / da G.B. Gandino
Pubbl/distr/stampa	Torino, : Presso G.B. Paravia e C., 1882
Descrizione fisica	2 v. ; 21 cm
Locazione	FLFBC
Collocazione	VI A 8
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia

3. Record Nr.	UNINA9910813860503321
Autore	McKay Matthew
Titolo	Thoughts and feelings : taking control of your moods and your life // Matthew McKay, Martha Davis, Patrick Fanning
Pubbl/distr/stampa	Oakland, California : , : New Harbinger Publications, , [2021] ©2021
ISBN	1-68403-550-3 1-68403-549-X
Edizione	[5th ed.]
Descrizione fisica	1 online resource (328 pages)
Disciplina	616.891425
Soggetti	Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Intro -- Contents -- Preface to the Fifth Edition -- Acknowledgments -- How to Use This Book -- CHAPTER 1: Making Your Own Treatment Plan -- CHAPTER 2: Uncovering Automatic Thoughts -- CHAPTER 3: Changing Patterns of Limited Thinking -- CHAPTER 4: Changing Hot Thoughts -- CHAPTER 5: Relaxation -- CHAPTER 6: Worry Control -- CHAPTER 7: Coping with Panic -- CHAPTER 8: Coping Imagery -- CHAPTER 9: Mindfulness -- CHAPTER 10: Defusion -- CHAPTER 11: Putting Values into Action -- CHAPTER 12: Getting Mobilized -- CHAPTER 13: Brief Exposure -- CHAPTER 14: Prolonged Exposure -- CHAPTER 15: Testing Core Beliefs -- CHAPTER 16: Changing Core Beliefs with Visualization -- CHAPTER 17: Stress Inoculation for Anger Control -- CHAPTER 18: Self-Compassion -- CHAPTER 19: Covert Modeling -- CHAPTER 20: Covert Sensitization -- CHAPTER 21: Problem Solving -- Chapter 22: Habit Reversal Training -- CHAPTER 23: When It Doesn't Come Easy -- References and Resources -- About the Authors -- Index.
Sommario/riassunto	Celebrating forty years as a self-help classic and recommended by therapists worldwide, Thoughts and Feelings has helped thousands of readers manage stress, anxiety, depression, and difficult emotions using evidence-based cognitive therapy. In addition to the tried-and-true techniques that have made this book a must-have mental health resource, this fully revised and updated fifth edition also includes new

chapters on self-compassion and habit reversal--two powerful tools  
for helping readers achieve lasting, positive change.

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