1. Record Nr. UNISALENTO991003391829707536

Autore	Bertolazzi, Carlo
Titolo	Teatro di Carlo Bertolazzi / con prefazione dell'Autore
Pubbl/distr/stampa	Milano : G. Agnelli, [pref. 1915]
Descrizione fisica	XI, 361 p. ; 19 cm
Disciplina	852.9
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Contiene: L'egoista; La maschera; La casa del sonno; Il successore; Lorenzo e il suo avvocato; La zitella

2. Record Nr. UNINA9910150491603321

Autore	Ltd Bokish
Titolo	A Joosr Guide to… Eat. Nourish. Glow by Amelia Freer : 10 Easy Steps for Losing Weight, Looking Younger and Feeling Healthier
Pubbl/distr/stampa	Hove, : Bokish Ltd, 2015
ISBN	1-78567-086-7
Edizione	[1st ed.]
Descrizione fisica	1 online resource (25 p.)
Disciplina	613.2
Soggetti	Nutrition--Popular works Nutrition
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Copyright Page; Contents; What's it about?; Food has an emotional impact on most people's lives; Fat is not a villain; The state of your kitchen often matches the state of your health; Every step you take is a choice you make; Regular exercise is vital for your physical, mental, and emotional wellbeing; Good nutrition helps you live your life to the

	fullest; Snacking needs to be balanced; Retraining your taste buds to enjoy water; Final summary; Now read the book
Sommario/riassunto	In today's fast-paced world, it's tough to find the time to read. But with Joosr guides, you can get the key insights from bestselling non-fiction titles in less than 20 minutes. Whether you want to gain knowledge on the go or find the books you'll love, Joosr's brief and accessible eBook summaries fit into your life. Find out more at joosr.com. Does the idea of starting a diet fill you with dread? Eating healthier foods doesn't have to be a boring or tasteless experience. In fact, with the right ingredients, you'll find that sticking to healthy lifestyle changes is easy! Eat. No