

1. Record Nr.	UNINA9910148931303321
Autore	Chaskalson Michael
Titolo	Mindfulness in Eight Weeks: The Revolutionary 8 Week Plan to Clear Your Mind and Calm Your Life
Pubbl/distr/stampa	HarperCollins UK
ISBN	0-00-759150-0
Disciplina	616.891425
Lingua di pubblicazione	Inglese
Formato	Musica
Livello bibliografico	Monografia
Sommario/riassunto	<p>Praised by the UK's National Institute for Health and Excellence and prescribed by the NHS, Mindfulness is fast becoming a revered and popular method used by healthcare professionals and lay people alike to help alleviate anxiety, depression and stress. In his new book, Chaskalson - well qualified with over three decades of practical experience - guides the reader in an eight week course that is a hybrid of the two most popular approaches: Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT), offering an easy-to-follow course that you can practise in your own time and within the comfort of your own home. Broken down into eight weeks with chapters such as 'Mindfulness for the Breath', 'Staying Present' and 'How Can I Best Take Care of Myself', this is a highly practical and immediate approach to Mindfulness. With step-by-step instructions carefully coordinated for each week, Mindfulness in Eight Weeks promises to have you up to speed in under two months</p>

2. Record Nr.	UNINA9910151646903321
Autore	Greaney Mark
Titolo	Tom Clancy Commander in Chief
Pubbl/distr/stampa	2015 East Rutherford : , : Penguin Publishing Group, , 2015 ©2015
Edizione	[1st ed.]
Descrizione fisica	1 online resource (617 pages)
Collana	A Jack Ryan Novel ; ; v.15
Classificazione	FIC030000FIC031050FIC032000
Disciplina	813/.6
Soggetti	Ryan, Jack, Sr. (Fictitious character) Russia (Federation)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	<p>This electrifying thriller in the #1 New York Times bestselling series has President Jack Ryan and his allies facing a treacherous foe threatening to unleash chaos around the globe... When Russian President Valeri Volodin's ambitions are foiled in Dagestan, he faces a difficult choice. The oligarchs who support him expect a constant flow of graft, but with energy prices cratering, the Russian economy sputters to a virtual halt. Unable to grow the Russian market at home, his hold on power relies on expansion abroad—a plan that has been thwarted by the United States in the past. But this time Volodin has determined that an indirect approach is the best. A floating natural gas facility in Lithuania is blown up. A Venezuelan prosecutor is assassinated. A devastating attack on a Russian troop train kills dozens. A chaotic world is the best camouflage for a series of seemingly unrelated attacks. Only one man recognizes an ominous pattern in the reports of terror from around the globe. U.S. President Jack Ryan sees a guiding hand in the worldwide chaos, but before he can act he needs proof. While his intelligence agencies race to uncover the truth behind the attacks, the President struggles to unite a fractious and distrustful coalition of Western nations against the schemes of the Russian dictator. With five thousand Russian troops poised to invade a NATO</p>

nation, can Jack Ryan move swiftly enough to stop Volodin's grand plan of global conflict and conquest? Or will he succeed in changing the balance of world power forever?

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