

1. Record Nr.	UNINA9910155614003321
Autore	Miller Emmett
Titolo	Healing your back : Relaxation and imagery for self-care and peak performance. // Emmett Miller
Pubbl/distr/stampa	Solon, : Better Listen, 2016
ISBN	1-61544-827-6
Edizione	[Unabridged.]
Descrizione fisica	1 online resource (1 audio file) : digital
Classificazione	OCC000000
Altri autori (Persone)	MillerEmmett
Soggetti	Nonfiction New Age
Lingua di pubblicazione	Inglese
Formato	Audiolibro
Livello bibliografico	Monografia
Note generali	Unabridged.
Sommario/riassunto	<p>Healing Your Back is a powerful, effective, enjoyable way to take charge of your healing, reduce tension and pain in your back, and speed your return to wellness. It is three programs in one. This first part helps you focus your mind, relax, and the ease the tension, pain and inflammation in your back or neck. Deep relaxation, guided imagery, and positive affirmation enable you to do this. Next, you will use these same mind tools to explore the roots of your back pain, rebalance your mind and emotions, and rewire your brain to provide you with the healthy attitudes and behaviors to heal your back and prevent future episodes. The third part of this program enables you to program your mind each morning so that you carry the sense of calm balance throughout your day, thereby avoiding triggering further tension or inflammation. It also provides you with a soothing experience of deep relaxation and visualization just before bed, so your body can more quickly heal you while you sleep.</p>

2. Record Nr.	UNISA996659065503316
Autore	DE AMBROGIO, Ugo
Titolo	Progettare e valutare nel sociale : metodi ed esperienze / Ugo De Ambrogio, Carla Dessi, Valentina Ghetti
Pubbl/distr/stampa	Roma, : Carocci Faber, 2013
ISBN	978-88-7466-650-8
Descrizione fisica	182 p. ; 22 cm
Collana	Servizio sociale ; 132
Altri autori (Persone)	DESSI, Carla GHETTI, Valentina
Disciplina	361.00684
Soggetti	Servizi sociali - Organizzazione
Collocazione	361.006 DEA 1
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia