

1. Record Nr.	UNINA9910163890403321
Autore	Kirkbride Jasmin
Titolo	Believe in yourself : boost your self-esteem and feel good in the skin you're in // Jasmin Kirkbride
Pubbl/distr/stampa	Chichester, West Sussex, England : , : Summersdale Publishers Ltd, , 2016 ©2016
ISBN	1-78372-898-1 1-78372-896-5
Edizione	[1st ed.]
Descrizione fisica	1 online resource (160 pages)
Disciplina	613.792
Soggetti	Self-talk Self-confidence
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Front cover -- INTRODUCTION - TAKING THE FIRST STEPS -- PART ONE - SELF-ESTEEM -- PART TWO - BOOSTING SELF-ESTEEM -- PART THREE - CONTROLLING NEGATIVE THOUGHTS -- PART FOUR - SOCIAL MEDIA AND SELF-ESTEEM -- PART FIVE - MINDFULNESS -- PART SIX - SLEEPING -- PART SEVEN - RELAXATION -- PART EIGHT - WELL-BEING -- PART NINE - TALKING AND FINDING HELP -- CONCLUSION - MOVING FORWARD.
Sommario/riassunto	Packed with tips, suggestions and quotes, this book will help give you the strength to turn negatives into positives and become more confident every day.

2. Record Nr.	UNINA9910810312703321
Autore	Arce Moises
Titolo	Resource extraction and protest in Peru // Moises Arce
Pubbl/distr/stampa	Pittsburgh, Pennsylvania : , : University of Pittsburgh Press, , 2014 ©2014
ISBN	0-8229-8031-2
Descrizione fisica	1 online resource (pages cm)
Collana	Pitt Latin American Series
Classificazione	HIS033000
Disciplina	333.80985
Soggetti	Natural resources - Political aspects - Peru - History Protest movements - Peru - History Democracy - Peru - History Political parties - Peru - History Peru Economic conditions 1968- Peru Politics and government 1980- Peru Social conditions
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	List of Acronyms -- Part I. The Framework -- Rethinking the Consequences of Economic Liberalization -- Waves of Contentious Politics in Peru -- Mobilization by Extraction -- Part II. Comparative Cases -- Lime Wars -- Mining Mountains -- Blood in the Jungle -- Conclusion: The Consequences of Mobilizations -- Appendix: Base de Protestas Sociales del Peru.
Sommario/riassunto	"Natural resource extraction has fueled protest movements in Latin America and existing research has drawn considerable scholarly attention to the politics of antimarket contention at the national level, particularly in Ecuador, Bolivia, and Argentina. Despite its residents reporting the third-highest level of protest participation in the region, Peru has been largely ignored in these discussions. In this groundbreaking study, Moises Arce exposes a longstanding climate of popular contention in Peru. Looking beneath the surface to the subnational, regional, and local level as inception points, he rigorously dissects the political conditions that set the stage for protest. Focusing

on natural resource extraction and its key role in the political economy of Peru and other developing countries, Arce reveals a wide disparity in the incidence, forms, and consequences of collective action. Through empirical analysis of protest events over thirty-one years, extensive personal interviews with policymakers and societal actors, and individual case studies of major protest episodes, Arce follows the ebb and flow of Peruvian protests over time and space to show the territorial unevenness of democracy, resource extraction, and antimarket contentions. Employing political process theory, Arce builds an interactive framework that views the moderating role of democracy, the quality of institutional representation as embodied in political parties, and most critically, the level of political party competition as determinants in the variation of protest and subsequent government response. Overall, he finds that both the fluidity and fragmentation of political parties at the subnational level impair the mechanisms of accountability and responsiveness often attributed to party competition. Thus, as political fragmentation increases, political opportunities expand, and contention rises. These dynamics in turn shape the long-term development of the state. Resource Extraction and Protest in Peru will inform students and scholars of globalization, market transitions, political science, contentious politics and Latin America generally, as a comparative analysis relating natural resource extraction to democratic processes both regionally and internationally"

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