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Autore	Layne, Christopher
Titolo	The peace of illusions : American grand strategy from 1940 to the present / Christopher Layne
Pubbl/distr/stampa	Ithaca : Cornell University Press, 2006
ISBN	9780801474118
Descrizione fisica	XI, 290 p. ; 24 cm
Collana	Cornell studies in security affairs
Disciplina	327.73009
Soggetti	Stati Uniti d'America Politica estera Sec. 20.
Lingua di pubblicazione	Inglese
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2. Record Nr.	UNINA9910163943503321
Autore	Shapiro Francine
Titolo	EMDR : the breakthrough therapy for overcoming anxiety, stress, and trauma / / Francine Shapiro, PhD and Margot Silk Forrest
Pubbl/distr/stampa	Basic Books
Disciplina	616.85/210651
Soggetti	Eye movement desensitization and reprocessing
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	<p>When EMDR was first published in 1997, it was hailed as the most important method to emerge in psychotherapy in decades. In the twenty years since, Eye Movement Desensitization and Reprocessing (EMDR) therapy has successfully treated psychological problems for millions of sufferers worldwide. In this updated edition, Francine Shapiro offers a new introduction that presents the latest applications of this remarkable therapy, as well as new scientific data demonstrating its efficacy. Drawing on the experiences of thousands of clinicians as well as a vast research literature on depression, addiction, PTSD, and other disorders, she explains how life experiences are physically stored in our brains, making us feel and act in harmful ways, and how EMDR therapy can bring relief, often in a remarkably short period of time. Applicable to survivors of trauma as well as people suffering from phobias and other experience-based disorders, EMDR is essential reading for anyone who seeks to understand why we hurt, how we heal, and how we get better.</p>