

1. Record Nr.	UNINA9910791016803321
Autore	Pagett Lawrence
Titolo	Principles of EFT (Emotional Freedom Technique) : what it is, how it works, and what it can do for you / / Lawrence Paggett with Paul Millward; foreword by Dr. Silvia Hartmann
Pubbl/distr/stampa	London, [England] : , : Singing Dragon, , 2014 ©2014
ISBN	0-85701-151-0
Descrizione fisica	1 online resource (194 p.)
Collana	Discovering Holistic Health
Disciplina	616.89/1
Soggetti	Emotional Freedom Techniques Emotion-focused therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	EFT (EMOTIONALFREEDOMTECHNIQUES): What it is, how it works, and what it can do for you; Foreword; Acknowledgements; Introduction; 1 Tracing the Ancient Origins of Asian Energy Concepts; 2 Historical Exploration of Western Applications of Eastern Energy Modalities; 3 The Birth of Tapping: Goodheart, Diamond and Callahan; 4 The Emergence of EFT: The Work of Gary Craig; 5 The Evolution of EFT: From Craig to Hartmann; 6 Tapping Into the Power of EFT: DIY EFT for the Beginner; 7 Real-life Stories of EFT at Work; 8 What is EnergyEFT?: The Work of Dr Silvia Hartmann 9 Putting the Energy into EFT: The Practical Benefits of Energy Utilisation 10 A Client's Perspective of a Professional EFT/ EnergyEFT Session; Bibliography; List of organisations and useful contacts
Sommario/riassunto	This is a clear and concise introduction to Emotional Freedom Technique (EFT). Traditional and modern approaches of EFT are explained with step-by-step instructions for practical usages of EFT for stress reduction. Case studies demonstrate how EFT can relieve a wide range of conditions including anxiety, depression, insomnia and migraines.

2. Record Nr.	UNINA9910788932203321
Autore	Black Jeremy <1955->
Titolo	The power of knowledge : how information and technology made the modern world / / Jeremy Black
Pubbl/distr/stampa	New Haven : , : Yale University Press, , [2014] ©2014
ISBN	0-300-19854-X
Descrizione fisica	1 online resource (505 p.)
Classificazione	HIS037000HIS037030LIT007000TEC056000SOC052000
Disciplina	303.48/3
Soggetti	Technology and civilization - History Civilization, Western - History World history Technological innovations - History East and West
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Front matter -- Contents -- Preface -- BACKGROUND -- THE EARLY-MODERN -- THE EIGHTEENTH CENTURY -- THE NINETEENTH CENTURY -- TO A CHANGING PRESENT -- LOOKING AHEAD -- Notes -- Index
Sommario/riassunto	"Information is power. For more than five hundred years the success or failure of nations has been determined by a country's ability to acquire knowledge and technical skill and transform them into strength and prosperity. Leading historian Jeremy Black approaches global history from a distinctive perspective, focusing on the relationship between information and society and demonstrating how the understanding and use of information have been the primary factors in the development and character of the modern age. Black suggests that the West's ascension was a direct result of its institutions and social practices for acquiring, employing, and retaining information and the technology that was ultimately produced. His cogent and well-reasoned analysis looks at cartography and the hardware of communication, armaments and sea power, mercantilism and imperialism, science and astronomy, as well as bureaucracy and the management of information, linking the history of technology with the history of global power while providing

3. Record Nr.	UNINA9910337838703321
Titolo	5G for Future Wireless Networks : Second EAI International Conference, 5GWN 2019, Changsha, China, February 23-24, 2019, Proceedings // edited by Victor C. M. Leung, Haijun Zhang, Xiping Hu, Qiang Liu, Zhi Liu
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2019
ISBN	3-030-17513-8
Edizione	[1st ed. 2019.]
Descrizione fisica	1 online resource (X, 195 p. 80 illus., 63 illus. in color.)
Collana	Lecture Notes of the Institute for Computer Sciences, Social Informatics and Telecommunications Engineering, , 1867-822X ; ; 278
Disciplina	621.3845
Soggetti	Computers, Special purpose Special Purpose and Application-Based Systems
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Sommario/riassunto	This book constitutes the proceedings of the Second International Conference on 5G for Future Wireless Networks, 5GWN 2019, held in Changsa, China, in February 2019. The 13 full papers were selected from 34 submissions and present the state of the art and practical applications of 5G technologies. The papers are arranged thematically on optimization theory and applications, intelligent computing technology for 5G applications, resource allocation and management, and security and privacy in emerging 5G applications.