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Autore	Bartley Trish
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Nota di contenuto	Mindfulness-Based Cognitive Therapy for Cancer: Gently Turning Towards; Contents; Contributors; Foreword; Preface; Acknowledgements; Introduction; Personal Story - Trish; Part One: Mindfulness and The Cancer Journey; Chapter One: Mindfulness and Cancer; Chapter Two: Cancer - The Psychological Implications; Chapter Three: Cancer - The Medical Implications; Chapter Four: The First Circle - Cancer and the Circle of Suffering; Personal Story - Beryl; Part Two: The Mindfulness-Based Cognitive Therapy for Cancer Programme; Chapter Five: Starting Out; Personal Story - Sally Chapter Six: The Eight Week Course Week One; Week Two; Week Three; Week Four; Week Five; Week Six; All Day; Week Seven; Week Eight; The Follow Up Class; Chapter Seven: The Second Circle: Mindful Awareness and the Circle Of Practice; Personal Story - Derek; Chapter Eight: The Practices; The Core Practices; The Short Practices; Personal Story - Bridget; Chapter Nine: Mindfulness in Palliative Care; Chapter Ten: After The Eight Week Course; Chapter Eleven: The Third Circle - Being and the Circle of Presence; Part Three: The Practitioner Teacher; Chapter

Twelve: Introducing the Teacher
Chapter Thirteen: Embodying the Practice Chapter Fourteen: Facilitating
The Learning; Chapter Fifteen: The Three Circle Model: A Formulation
of MBCT for Cancer (MBCT-Ca); Personal Story - Geraint; Epilogue;
Resources and Links; Bibliography; Sources and Permissions; Subject
Index

Sommario/riassunto Mindfulness-based Cognitive Therapy for Cancer presents an eight-week course for MBCT which has been tried and tested over ten years of clinical use, and is targeted specifically for people with cancer. There is growing evidence of mindfulness as a successful and cost-effective intervention for reducing the negative psychological impact of cancer and treatment. Draws upon the author's experience of working with people with cancer, and her own recent experience of using mindfulness with cancer diagnosis and treatment. Stories from cancer patients

2. **Record Nr.** UNINA9910346672703321
Autore Leinonen Ilkka
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Sommario/riassunto This book looks at key research covering a wide range of aspects of environmental sustainability and the mitigation of environmental impacts of livestock production, including emissions of greenhouse gases (carbon dioxide, methane, nitrous oxide), nitrogen and

phosphorus excretion, ammonia emissions, land use and land management, and use of energy and other resources. All the globally most important livestock species (beef and dairy cattle, pigs, broiler chicken and laying hens) are covered in the book. The mitigation methods assessed in the papers include general system changes, changes in feeding, improvement of animal health, and new technologies of manure management. The scope of the papers included in this book ranges from farm level mitigation methods to national level system changes. This book also addresses methodological development in assessing the environmental sustainability of the livestock production chains, including holistic methods, such as environmental and social life cycle assessment (LCA) and other modeling approaches.
